

# **Influence the amount of sleep on people's state during the day**

Semi-Science Conference Project  
Made by Basil Medvedev

# Observation

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The idea for the project came to me suddenly. I noticed that when I'm sleep more than 8 hours per day, after waking I feel myself broken, sleepy and it's much hard to concentrate and stay active. So, I decided to check if the other people feel the same as me if they sleep longer than needed and what exactly they feel.

# Research question

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Do people feel worse if they sleep longer than 8 hours per day?

How exactly do they feel?

# Hypothesis

I suppose that the majority of people feel worse if they sleep more than 8 hours per day, than if they sleep less. Also, I think that the most of them feeling sleepy, broken and zoned out after long sleep.



# Method of Research

A survey among  
the teenagers

*Strongly agree* ☐

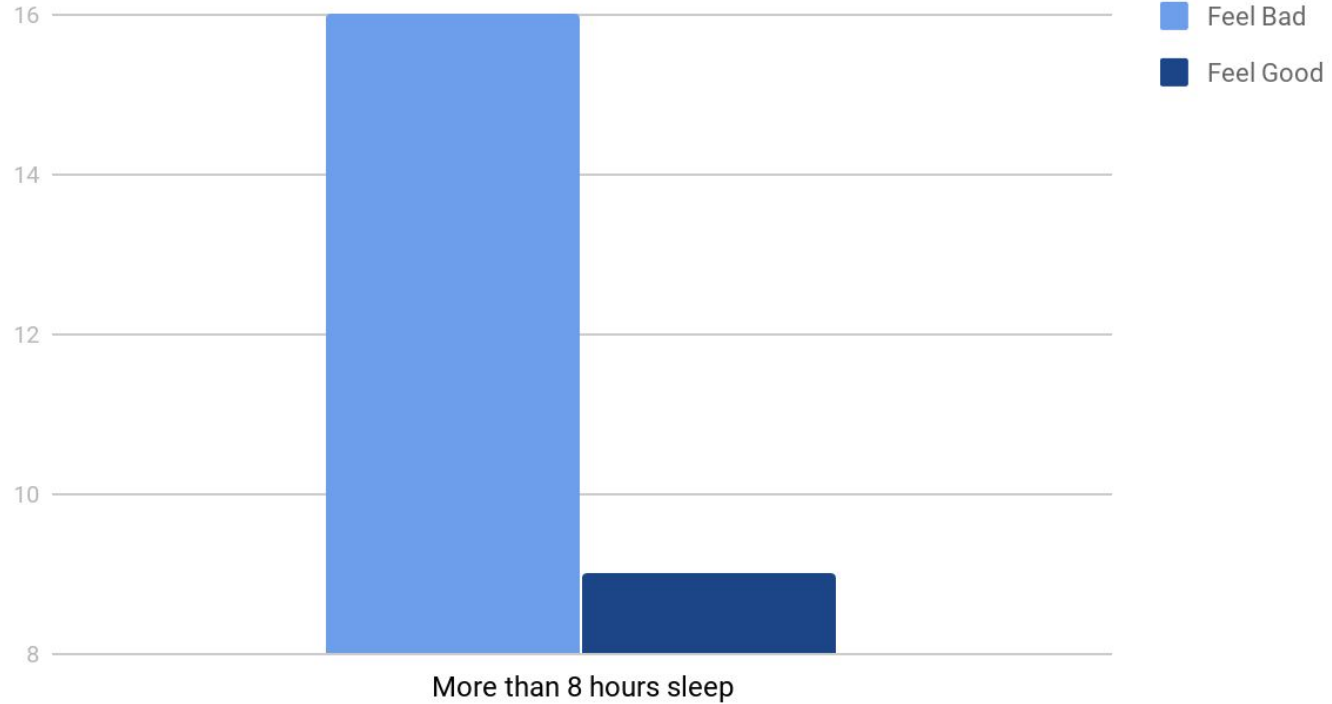
*Agree* ☒

*Disagree* ☐

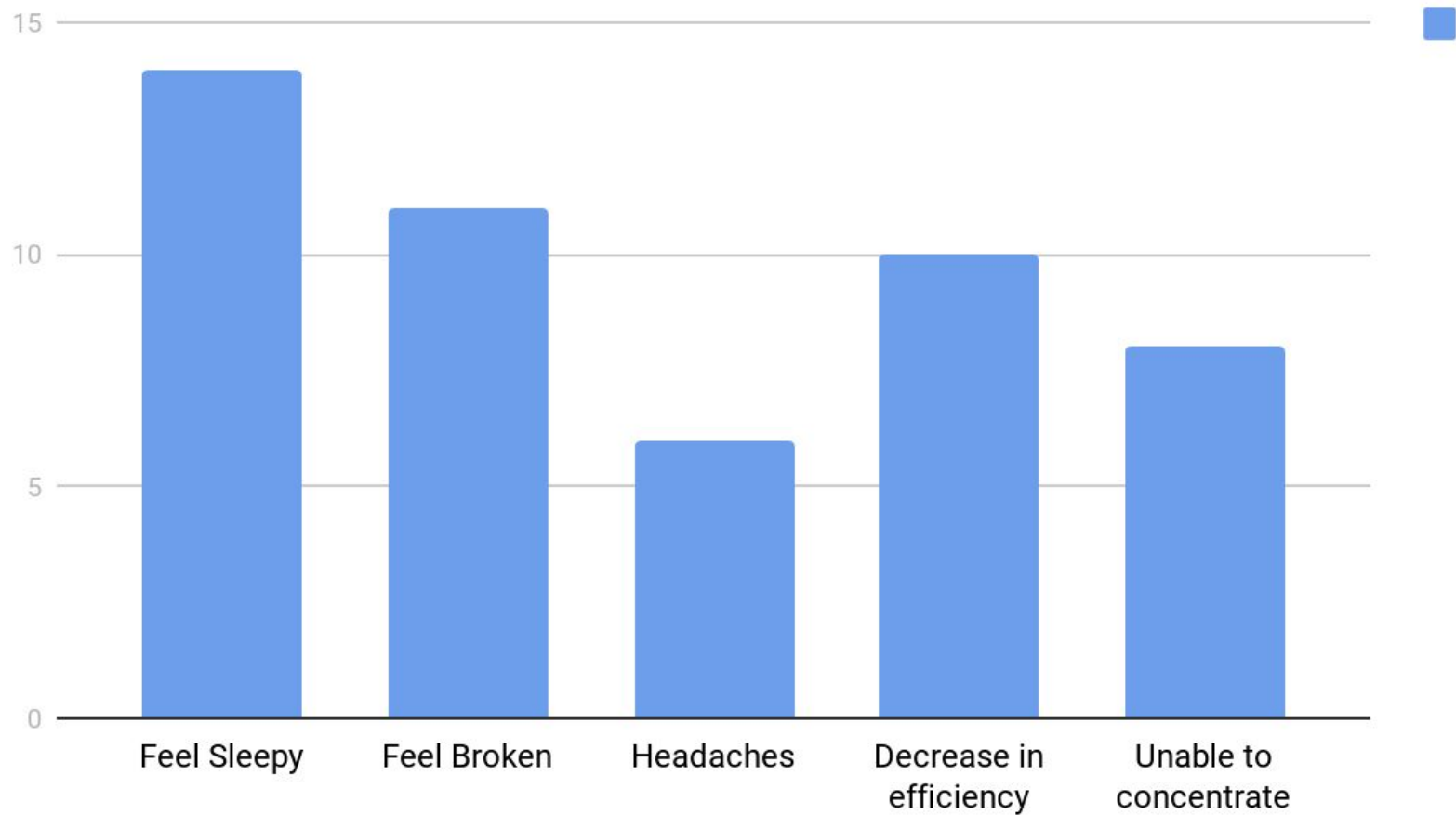
*disagree* ☐

# Results

Points scored



## Points scored



# Conclusion

To sum up, the majority of people actually feel worse if they sleep overtime. Moreover, the majority of people suffer from symptoms that I wrote in survey. I proved my hypothesis and fulfilled my curiosity.