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Research Paper Final

Intro: Getting a good amount of sleep is something we as individuals tend to take for granted. We tend to think that we can go through a 24 hour day with minimal rest and we can be ok. This especially applies to students in college. Getting an adequate amount of rest for college students can be at times a major battle. There could be several reasons as to why. Some students have jobs and work incredibly long hours, some tend to let their social lives take up a little bit of their time or, quite simply students tend to study long hours into the day forgetting that the mind needs rest. Now the real question is does a lack of rest or sleep affect these students when it comes to their performance in the class room. The notion is that the less sleep you get, the more your overall performance suffers. However, from the data I have gathered, that perceive notion might not be the case. In my research, I will go in-depth to analyze do less sleep worsen your performance or vice versa. Not to mention, between male and female students, who gets more or less amount of sleep and who between the two sexes do better in concern with GPA.

Population: To begin my experiment, I took a survey of 40 students in City Tech. Of the 40 students, they were divided into 20 male students and 20 female students. Of course, this is quite a small sample size, but this was the best I was able to do. I then ask all 40 students, to give me their GPA and the amount hours of sleep they receive per week.

Data Collection: In collecting my data, I asked each student 2 simple questions. One, what was your GPA and the other being how much sleep you receive per week more or less. What I wanted to do and eventually successfully able to set up, was to ask the same amount of male students and female students. I thought this would be helpful to make my data a little more precise. All students that participated in this survey were random and I did not let my personal judgment affect my decisions and performance on this research. Again, as I alluded to before, all 40 students who participated were City Tech students. Not to mention, an even amount of women and men.

Study Design: Now this is the way I set up the entire design of my data. First, I set up a 3 histogram charts for the frequency of the amount of sleep per week. One histogram was for the 40 students overall, the second one was for 20 male students and the other one was for the female students. I did this because initially I wanted to see how much sleep these students were getting overall before I delve into further action. Then I set up a where one side was GPA and the other was hours of sleep per week. Now the GPA, I had a range like for an example GPA 2.0 – 2.5 or GPA 3.6 – 4.0. So then each student that gave me a specific number in concern with the amount hours of sleep per week, whatever their GPA was, they fell into a certain range that I set up.

Overall Students

|  |  |
| --- | --- |
| GPA | Amount of hours of sleep per Week |
| 2.0 – 2.5 | 25, 30, 35, 39, 40, 44, 48 |
| 2.6 – 3.0 | 25, 28, 28, 28, 30, 30, 30, 30, 30, 42, 49, 50, 50, 56, 68 |
| 3.1 – 3.5 | 28, 29, 30, 30, 30, 32, 35, 42, 42, 48, 49, 50, 52, 56 |
| 3.6 – 4.0 | 30, 42, 48, 56 |

Female Students

|  |  |
| --- | --- |
| GPA | Amount of Hours of sleep per Week |
| 2.0 – 2.5 | 25, 30, 35, 40, 48 |
| 2.6 – 3.0 | 25, 30, 30, 42, 50, 68 |
| 3.1 – 3.5 | 28, 30, 30, 35, 48, 49, 50 |
| 3.6 – 4.0 | 30, 42 |

Male Students

|  |  |
| --- | --- |
| GPA | Amount of hours of Sleep per Week |
| 2.0 – 2.5 | 39, 44 |
| 2.6 – 3.0 | 28, 28, 28, 30, 30, 30, 49, 50, 56 |
| 3.1 – 3.5 | 29, 30, 32, 42, 42, 52, 56 |
| 3.6 – 4.0 | 48, 56 |

Analysis: Here is my analysis from the data I have gathered. Now the mean of the 40 students GPA was about 2.96 with the average amount of sleep per week of less than 38.5 hours of sleep. On the male’s side, their average GPA was bout 2.95 with about 38 hours of sleep per week on the average. For the female’s side, their GPA was bout 2.97 with 38.25 hours of sleep per week on the average. Now despite the small amount of sleep, students almost had a 3.0 GPA. The GPA’s of the female and male students were basically the same and the same can be said with the hours of sleep per week. However, I wasn’t quite surprise by the data that was presented. While a lack of rest can impaired your performance, overall I do think it’s not as drastic as people might perceive. It’s a busy world and sometimes, you don’t have time for sleep especially in places like NYC (Reason why it’s called the city that never sleeps).

Conclusion: After completing my research and my data and doing my analysis, my overall conclusion is that maybe the amount of rest you get doesn’t necessarily affects your performance. The numbers do bear that. Not to mention this applies to whether you are a male or female student just from looking at the data.