

# Does Home learning affect how long we sleep?

introduction

**We wanted to see if year 7 students got more sleep during face-to-face learning or learning from home.**

method

A survey was conducted 2 servesys across all of year 7, asking them during face-to-face learning, how much sleep do you get, and during learning from home, how much sleep do you get?

**STUDENTS GET MORE SLEEP DURING HOME LEARNING**

During learning from home, the average sleep amount was at 8.72 hours

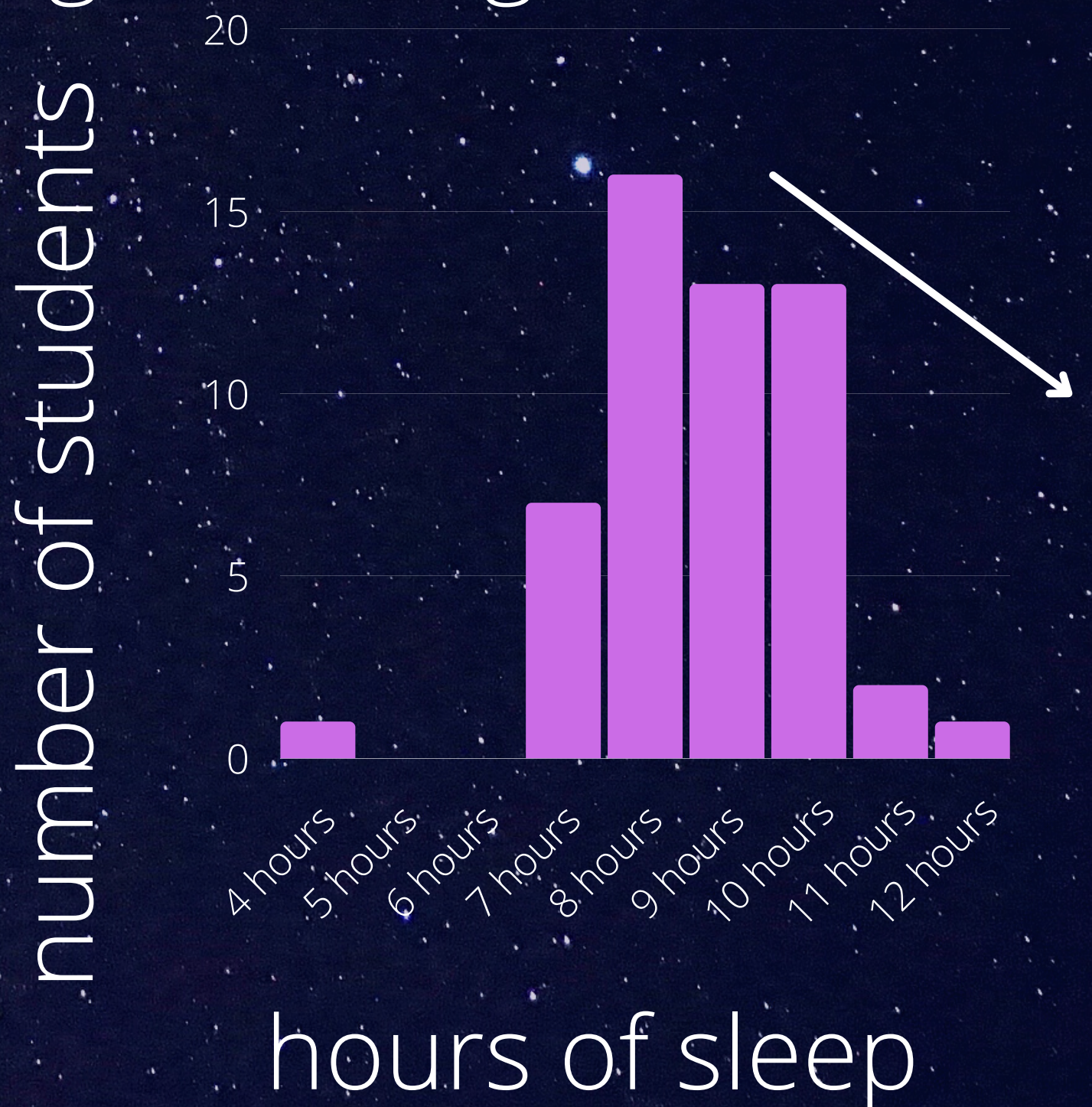
During face-to-face learning, the average sleep amount was at 8.55 hours

Most teenagers dont like to go to bed early, and like to sleep in. And during the school holidays, that is what most teenagers do. But school restricts them from doing that, with their early starts. But with home learning, you dont need to be up nearly as early, so the question is, when do they get more sleep?

Our hypothesis is that lockdown will cause an increase of sleep in year 7s due too more available time in mornings and that many teenagers like to sleep in.

In conclusion, year 7 students get more sleep when they are learning from home compared to when they are learning at school.

Face-to-face learning      Learning from home



\*we didnt get as much data here!