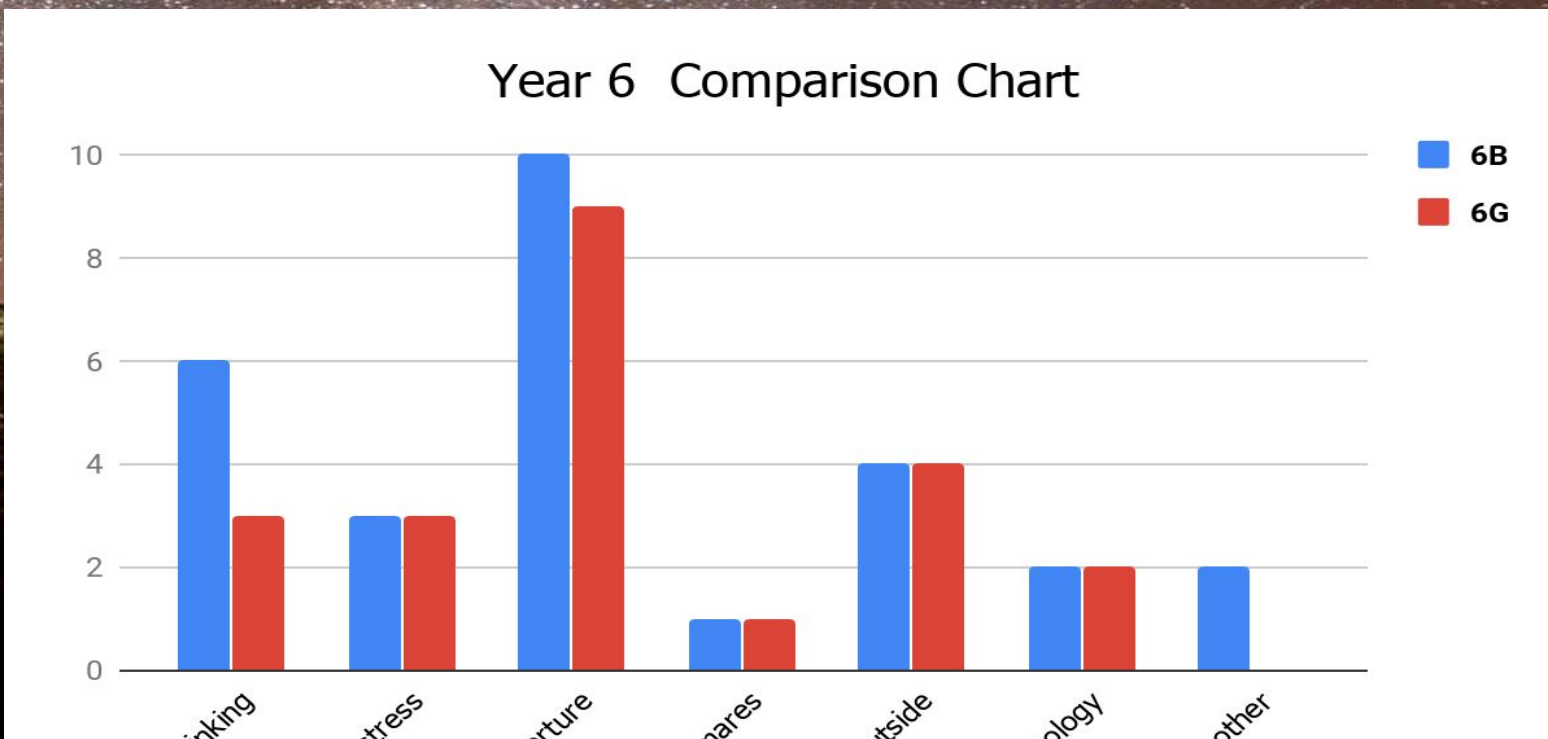
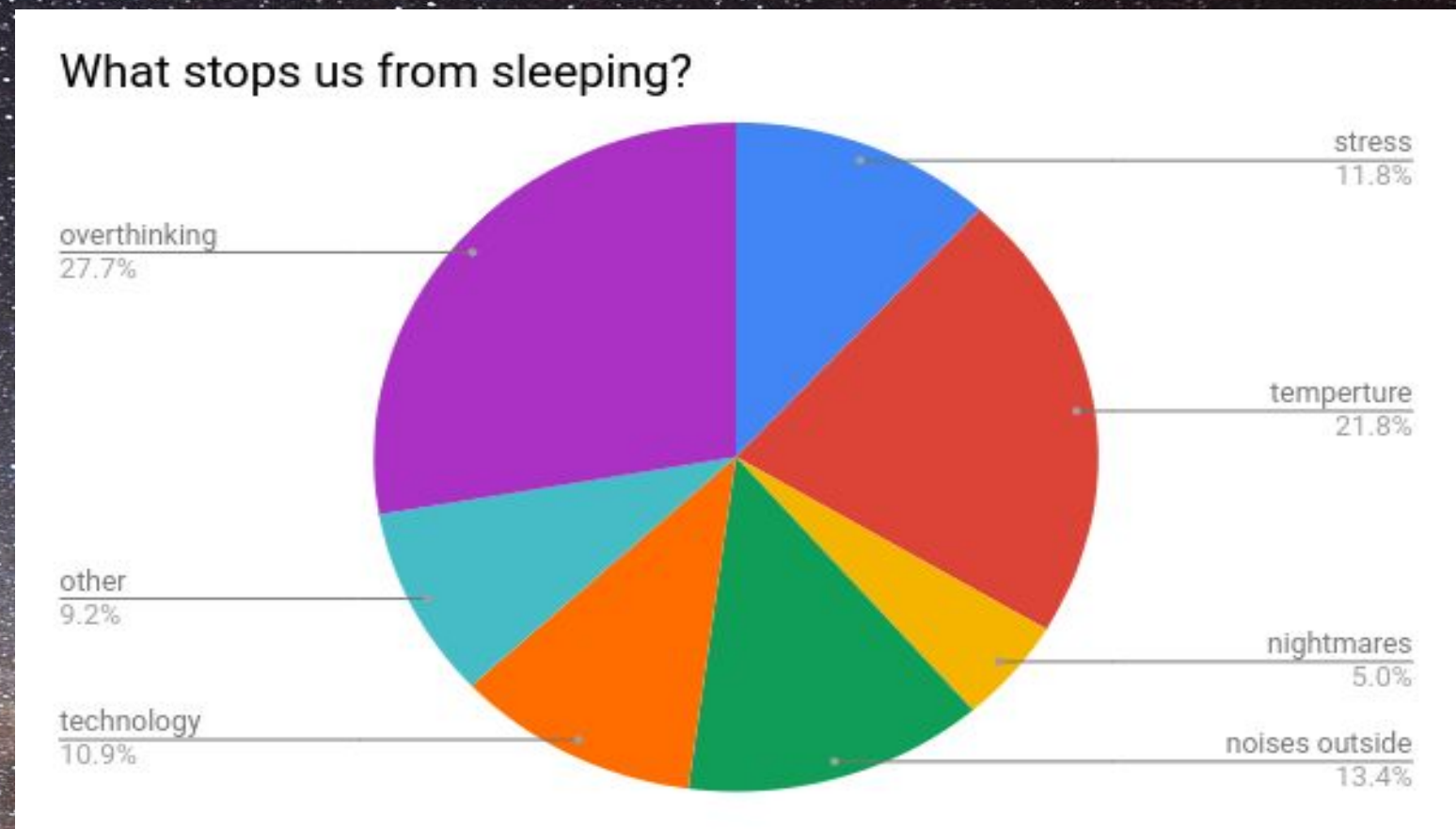


**Aim** : Our aim is to find out what stops students in Year 5 and 6 from sleeping.

**Hypothesis**: Our hypothesis is that technology is going to be the main reason that stops year 5 and 6 students, from sleeping at night. We believe this, because the usage of technology is increasing, especially among children. We think technology will impact children's sleep, because of the blue-light, and because they spend a long time on it.

**Things we enjoyed** : It was interesting to learn what actually stops people from sleeping. None of our team members expected overthinking and temperature to be the top two. Now we understand more into why people mainly chose these two options.

# What stops us from sleeping?



**What problems did we face along the way** : We struggled with teachers not realising they had to answer the surveys. We also struggled with deciding what goes into the poster and the position of things.

**How we found our data** : We created a google spreadsheet for Year 5 and 6 classes to fill out themselves, via their teacher. Then they had to choose the best option that stopped them from sleeping.

**Conclusion** : We were shocked with the final results we received. We did not think that overthinking would have the most votes, because we didn't think children at this age, would have so much on their mind. We believe overthinking is very bad for children, because it means they are holding it in and then communicating less with their parents.