

SLEEP

Karsh R Shah
NMIMS Anil Surendra Modi School of Commerce

ABSTRACT

We have always been told that we should have a six to eight hours of sleep is must for all the human beings. Also, all the doctors say that 6-8 hours of sleep further leads of a high level of refreshment but that is often misinterpreted with happiness. Hence I decided to survey people to find out the relation between happiness and took a survey of 520 people from people from all stages of life.

INTRODUCTION:

Doctors say that 6 – 8 hours of sleep is required for healthy lives amongst human beings. Moreover, not only for the health of the human beings, but the doctors don't deny that the stress levels are also directed depended to the no. of hours people sleep. Amongst many students in school, due to a number of entertainment devices and mediums and also the trends of binge-watching various shows on Netflix, TVF, Amazon Prime, etc. the number of hours students sleep has reduced. And also, the stress level in teenagers have increased due to various reasons. Also the main question which comes in my mind is that is the level of stress increasing the unhappiness or is the fun of watching new movies and then discussing it with friends next day brings more happiness. The main thing that concerns us that the net happiness should be good. Students are nowadays facing a lot of problems with the depression people should not actually suffer from such problems at a young age like this as this can further lead to having problems like diabetes, high cholesterol, high blood pressure, etc.

Let's see through the data collected if it is the case as per the data collected from the different stages of life.

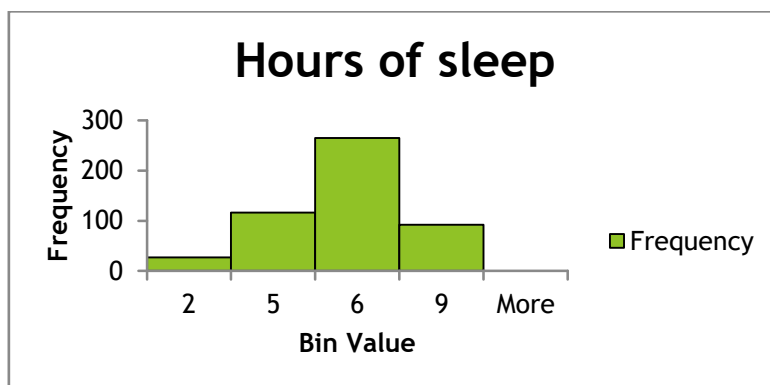
OBJECTIVES:

1. To understand the relation between the hours slept and happiness on a scale of 5
2. How are they interlinked with each other(regression)
3. People thought of number of hours slept and happiness

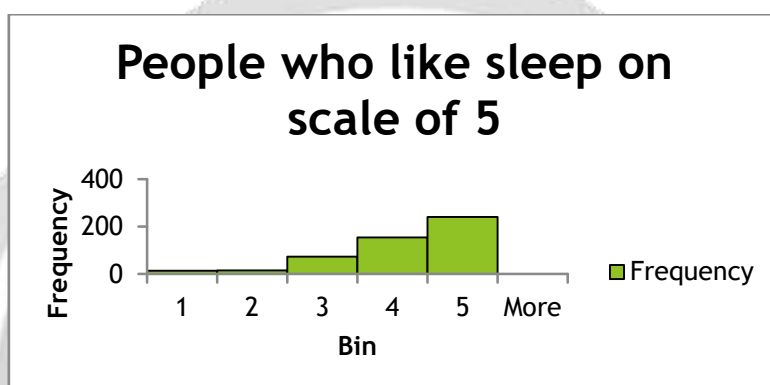
ANALYSIS:

From the sample of 520 observation the correlation between the number of hours and how happy one feels on a scale of 5 is 0.144447. This shows that there is very low level of correlation between the no. of hours people sleep and happiness of people is negligible. Hence it can be said that there is either no relation between no. of hours one sleeps and how happy he feels. The other possibility is that people are actually not able to scale their happiness out of 10. This can be influenced due to various reasons like accepting or having low expectation in life or settling for less.

If that is the trend, then it sets a negative expectation from life. I also personally interviewed many people from the sample size where one person said that waking up early, travelling, studies, projects, home work had made his life so monotonous that he was not able to sleep at night, felt sleepy in the morning, and had little but no expectation in life.



From the above bar diagram, we can conclude that most of the people sleep for 6 hours, second most for 5 hours and the third most for 9 hours. This means that most of the people sleep for the prescribed no. of hours as per prescribed by the doctor i.e. 6-8 hours.



From the above graph, we can understand that most of the people think that they are happy on a scale of 5 that is above average on the scale of happiness. This can also be seen as a positive sign as people have rated their happiness between 4-5 which is again a positive sign amongst the people. If to be considered, companies can go under maintenance at late nights so that people get enough sleep and they can also improve on the services they provide.

REGRESSION:

Y Number of hours slept by a person
 X Happiness derived by sleeping

SUMMARY OUTPUT

| <i>Regression Statistics</i> | | Interpretation: |
|------------------------------|----------|--|
| Multiple R | 0.144729 | Weak positive relationship between X and Y variables |
| R Square | 0.020947 | a=5.08838 |
| Adjusted R Square | 0.018981 | b= 0.24262 |
| Standard Error | 1.641507 | Y=a+bx |
| Observations | 500 | Y=5.08838+0.24262x |

ANOVA

| | <i>df</i> | <i>SS</i> | <i>MS</i> | <i>F</i> | <i>Significance F</i> |
|------------|-----------|-----------|-----------|----------|-----------------------|
| Regression | 1 | 28.70916 | 28.70916 | 10.65455 | 0.001173 |
| Residual | 498 | 1341.883 | 2.694544 | | |
| Total | 499 | 1370.592 | | | |

| | <i>Coefficients</i> | <i>Standard Error</i> | <i>t Stat</i> | <i>P-value</i> | <i>Lower 95%</i> | <i>Upper 95%</i> | <i>Lower 95.0%</i> | <i>Upper 95.0%</i> |
|--------------|---------------------|-----------------------|---------------|----------------|------------------|------------------|--------------------|--------------------|
| Intercept | 5.088378 | 0.319689 | 15.91665 | 2.06E-46 | 4.460272 | 5.716483 | 4.460272 | 5.716483 |
| X Variable 1 | 0.242624 | 0.07433 | 3.264131 | 0.001173 | 0.096584 | 0.388663 | 0.096584 | 0.388663 |

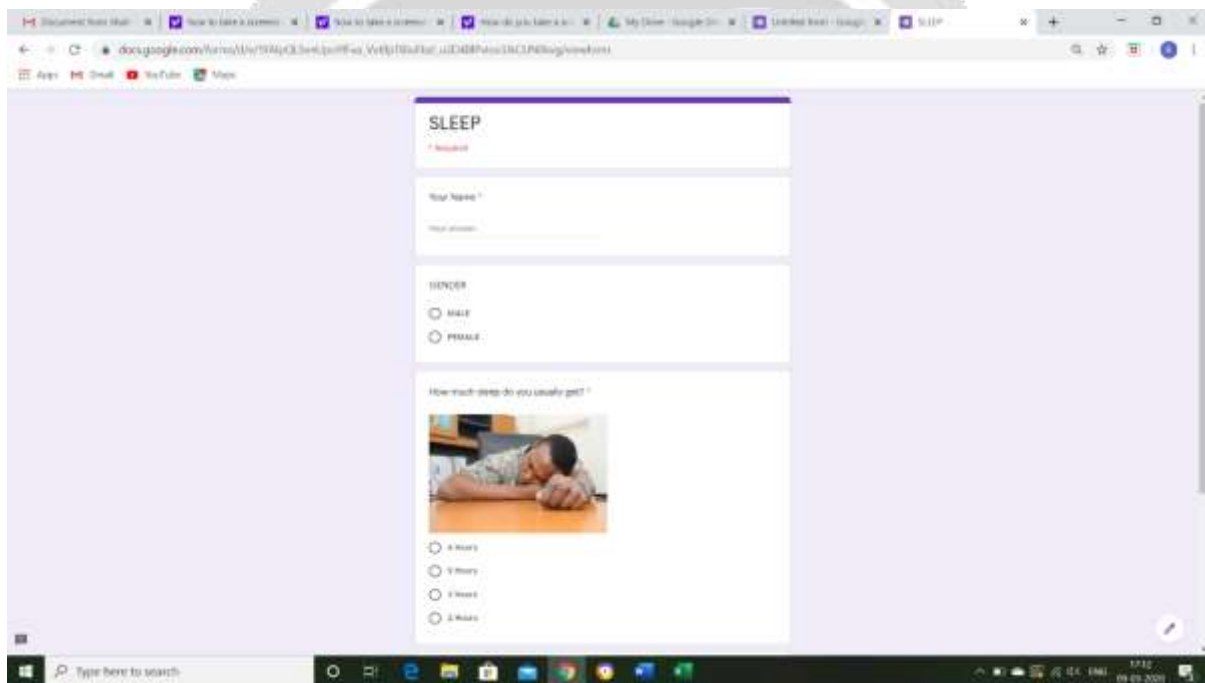
If happiness derived from sleep changes by 0.24262 then the number of hours slept by an individual will change by one uni

CONCLUSION:

I realized that 60 to 70% of the females tend to live a healthier life than males.

Since there is very minimal or less correlation between number of hours slept and the happiness that a person derives from sleeping, we can conclude that both aren't dependable on one another.

APPENDIX:



| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 |
|------|---------------|-----------|------------------------------------|-----|-------------------------------------|---|---|---|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|
| Name | Gender | M-H (1-2) | How much sleep do you usually get? | ONE | How much do you like sleeping (TWC) | | | | | | | | | | | | | | | | | | | | | | | |
| 1 | Joshua | M | 1.0 Hours | 6 | 3 | 6 | | | | | | | | | | | | | | | | | | | | | | |
| 4 | Kaya | F | 2.0 Hours | 6 | 4 | 6 | | | | | | | | | | | | | | | | | | | | | | |
| 5 | Writa Kaya | F | 2.0 Hours | 9 | 4 | 9 | | | | | | | | | | | | | | | | | | | | | | |
| 6 | Jailani Ia F | F | 2.0 Hours | 5 | 5 | 5 | | | | | | | | | | | | | | | | | | | | | | |
| 7 | Amor Agri M | M | 1.0 Hours | 6 | 3 | 6 | | | | | | | | | | | | | | | | | | | | | | |
| 8 | Dipara | F | 2.0 Hours | 6 | 4 | 6 | | | | | | | | | | | | | | | | | | | | | | |
| 9 | Rhudi | M | 1.0 Hours | 9 | 3 | 9 | | | | | | | | | | | | | | | | | | | | | | |
| 10 | Gilva | F | 2.0 Hours | 5 | 3 | 5 | | | | | | | | | | | | | | | | | | | | | | |
| 11 | Warya Maul F | F | 2.0 Hours | 5 | 3 | 5 | | | | | | | | | | | | | | | | | | | | | | |
| 12 | Maheswari M | M | 2.0 Hours | 5 | 5 | 5 | | | | | | | | | | | | | | | | | | | | | | |
| 13 | Senika | F | 1.5 Hours | 5 | 3 | 5 | | | | | | | | | | | | | | | | | | | | | | |
| 14 | Aditya Maul M | M | 2.0 Hours | 6 | 3 | 6 | | | | | | | | | | | | | | | | | | | | | | |
| 15 | Rakesh Sa M | M | 1.5 Hours | 5 | 3 | 5 | | | | | | | | | | | | | | | | | | | | | | |
| 16 | Utharshia M | M | 2.0 Hours | 5 | 4 | 5 | | | | | | | | | | | | | | | | | | | | | | |
| 17 | Kamal | F | 2.0 Hours | 9 | 3 | 9 | | | | | | | | | | | | | | | | | | | | | | |
| 18 | Rakesh S M | M | 2.0 Hours | 6 | 4 | 6 | | | | | | | | | | | | | | | | | | | | | | |
| 19 | Amrisha b M | M | 1.0 Hours | 9 | 3 | 9 | | | | | | | | | | | | | | | | | | | | | | |
| 20 | Lakshya M F | F | 2.0 Hours | 6 | 4 | 6 | | | | | | | | | | | | | | | | | | | | | | |
| 21 | Riyaana M | M | 1.5 Hours | 5 | 3 | 5 | | | | | | | | | | | | | | | | | | | | | | |
| 22 | Tannay M M | M | 2.0 Hours | 9 | 3 | 9 | | | | | | | | | | | | | | | | | | | | | | |
| 23 | Lesha | F | 2.0 Hours | 6 | 4 | 6 | | | | | | | | | | | | | | | | | | | | | | |
| 24 | Bidha | F | 2.0 Hours | 6 | 4 | 6 | | | | | | | | | | | | | | | | | | | | | | |
| 25 | Jasvika | M | 1.0 Hours | 9 | 3 | 9 | | | | | | | | | | | | | | | | | | | | | | |
| 26 | Ana Shab F | F | 2.0 Hours | 6 | 5 | 6 | | | | | | | | | | | | | | | | | | | | | | |
| 27 | Ashraf M | M | 1.5 Hours | 5 | 3 | 5 | | | | | | | | | | | | | | | | | | | | | | |
| 28 | George F | F | 2.0 Hours | 6 | 5 | 6 | | | | | | | | | | | | | | | | | | | | | | |
| 29 | Raye | F | 2.0 Hours | 9 | 3 | 9 | | | | | | | | | | | | | | | | | | | | | | |

ALL THE DATA AND CONTENT IS ORIGINAL AND IS FROM DATA COLLECTED THROUGH GOOGLE FORMS.

