

Trevor Powers
Social Studies Department
Second Technology Lesson Submission
February 2015

Sleep Data Project

Overview:

As part of the unit on Altered States of Consciousness, students were asked to record the amount of sleep they managed to get each night for themselves and for two other people. Typically, students chose to record for their parents. They were also asked to make comments at the end of each day, for all three, on how they felt throughout the day (did they nap, did they fall asleep in classes, how was practice, coffee?, etc). After a week, students averaged their amounts of sleep.

Students then, in Google Classroom, entered their data into Google Sheets as a class on the Chromebooks. This gave us the opportunity to discuss the data in real time as it was entered to see if students and family members were getting what research says is the amount of sleep necessary for “optimal” performance levels. The next day we were able to compare all four classes worth of data.

After the students entered the data, while in Classroom, they typed a two paragraph summary detailing whether or not they felt they received enough sleep now that they could see how their week went. Also they were asked to offer some advice to those family members they recorded. These summaries provided for great discussion point the following day.

Below are links to the summary assignment, the spreadsheet of data, and a student sample of the summary. To check out the Period 2 Human Behavior Classroom use the code **wsh8hnm**.

[Sleep Data Summary](#)

[Student Sleep Data](#)

[Student Sample](#)