

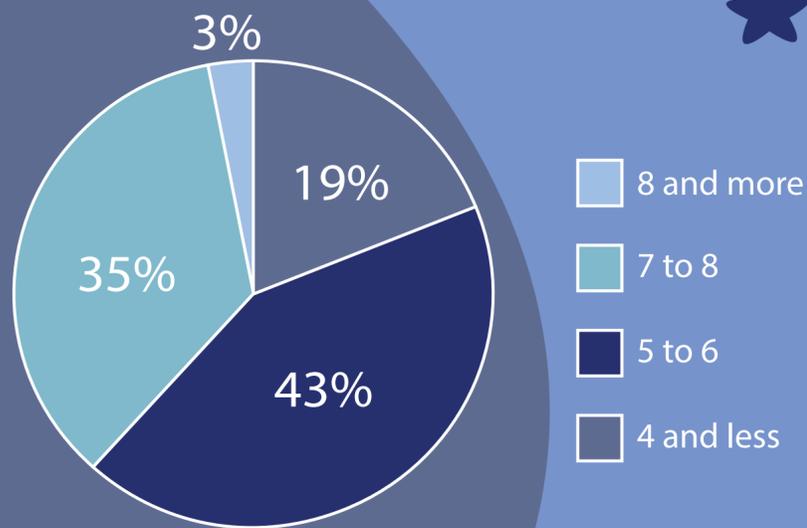
SLEEP REGIME

A lot of different processes that are crucial for our body happen while we sleep. From tissue regeneration and hormone production to memory regeneration and cognitive ability development. Also restoration of our psyche is very important for a healthy life style. Most young people realise the issue of sleep deprivation, which we attempted to analyse. The goal of our research was to find out what kind of sleep regime young people have, what affects it the most and what kind of impact possible sleep deprivation has on them.

Average sleep regime satisfaction rating:

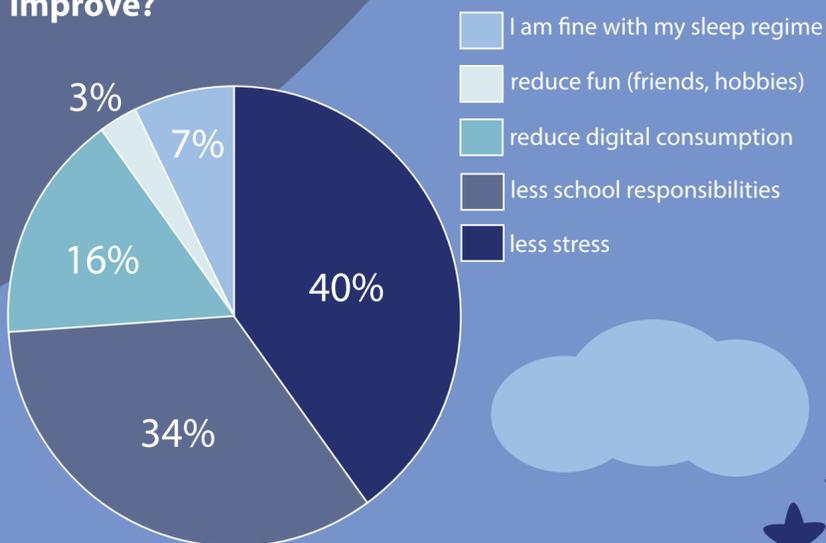


Average length of sleep for teenagers:



On average, up to 62% of young people sleep less than is said to be healthy. The ideal length of sleep for young people is 8 hours, which only 3% of respondents get.

What would have to change for your sleep regime to improve?

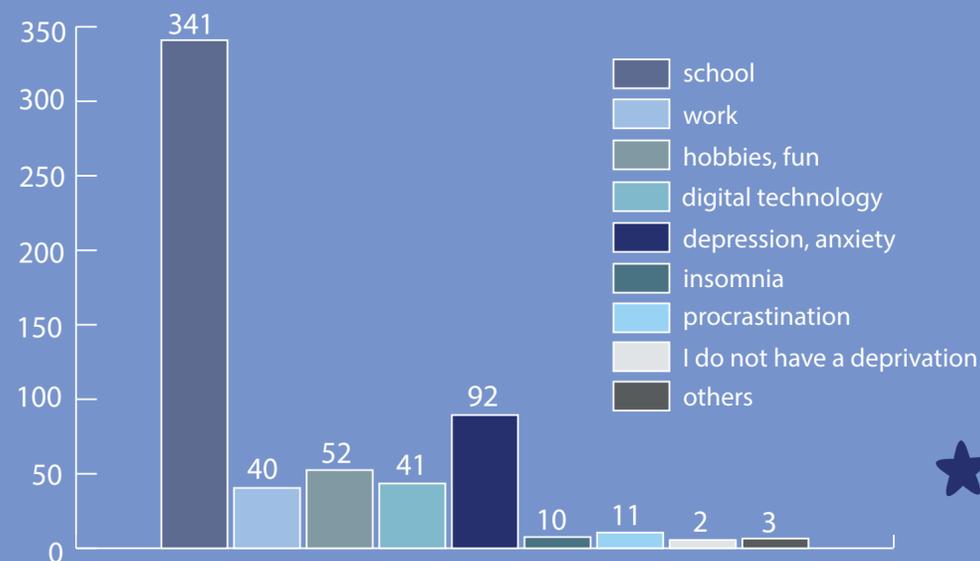


We were interested to learn what affects the sleep regime the most and found out that it is mainly excessive stress, due to which sleep significantly loses its quality.

Through our research we found out that Gen Z generally has a problem with lack of sleep, which may often limit them in their daily life. The causes are mainly school and school responsibilities, excessive stress and fatigue, which impacts the circadian rhythm of a young person.

We collected data using our online questionnaire which we then made available on social media to high school students. The questionnaire consisted of 5 questions and was answered by 595 people in total, from which 3 had to be eliminated, due to inconsequential contributions.

What is the main cause of your potential sleep deprivation?



Up to 341 people of all respondents (592) suffer from sleep deprivation due to school and school responsibilities. In this day and age, young people are spending several hours a day at school and then have to study again at home to achieve sufficient academic results. This is mainly reflected in their sleep deprivation.

How does sleep deprivation affect you during the day?

We asked what repercussion sleep deprivation had on young people during the day. We found out that the most common cause was fatigue, which of course can be related to many other options listed, such as the second most common answer: "Bad mood." Only 52 people checked the option: "Does not inhibit me in any way."

