# Datasets derived from Sleep questionnaire.

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| Data Set 1 |

Scientists conducted a study to explore the relationship between waking up and not feeling rested and frequency of using electronic devices at night in bed. They hypothesised that problems of feeling unrested the next day would be positively related to the frequency of using electronic devices in bed (Screen time).

**Design**

* Independent groups design
* Participants allocated to groups on the basis of self reported problems of not feeling rested in the morning
  + Condition 1 - No problems in not feeling rested
  + Condition 2 – A few problems in not feeling rested
  + Condition 3 – Some problems in not feeling rested
  + Condition 4 – Large problems in not feeling rested

**Methodology:**

Participants were asked two questions on a questionnaire

1. How large a problem do you have not feeling rested in the morning?

No Problem A bit Some Large Very Large

1 2 3 4 5

2. How often to you use a computer, iPad, or mobile phone after you have gone to bed?

Never Rarely Some of the time Most of the time Always

1 2 3 4 5

Figure 1: The relationship between problems with felling unrested in the morning and degree of screen-time at night.

Researchers used Pearson’s correlation coefficient to analyse the data.

Table 1. Pearson’s correlation between problems with felling unrested in the morning and degree of screen-time at night.

|  |  |  |
| --- | --- | --- |
|  | Coefficient | P |
| Pearson’s Correlation coefficient | r = .96 | P < .0001 |

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| Data Set 2 |

Scientists conducted a study to explore the relationship between fast food consumption and feeling tired the next day. They hypothesised that the more fast food people consumed the greater the problems of feeling unrested the next day.

**Design**

* Independent groups design
* Participants allocated to groups on the basis of self-reported consumption of fast food
  + Condition 1 – Never consume fast food
  + Condition 2 – Consume fast food once a month
  + Condition 3 – Consume fast food once a week
  + Condition 4 – Consume fast food several days a week

**Methodology:**

Participants were asked two questions on a questionnaire

How often do you eat fast food from McDonalds, KFC, Hungry Jacks, Pizza Hut, or Red Rooster

Never Once a Month Once a Week Several days a Week Daily

1 2 3 4 5

How large a problem do you have not feeling rested in the morning?

No Problem A bit Some Large Very Large

1 2 3 4 5

Figure 2: The relationship between frequency of fast food consumption and the ratings of problems with felling unrested in the morning.

Researchers used Pearson’s correlation coefficient to analyse the data.

Table 2. Pearson’s correlation between frequency of fast food consumption and the ratings of problems with felling unrested in the morning

|  |  |  |
| --- | --- | --- |
|  | Coefficient | P |
| Pearson’s Correlation coefficient | r = -.97 | P < .0001 |

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| Data Set 3 |

Scientists conducted a study to explore the relationship between the number of hours they slept each night and feeling tired the next day. They hypothesised that the more hours people slept the less problems of feeling unrested the next day.

**Design**

* Correlational Design
* Sample size: 20 Participants

**Methodology:**

Participants were asked two questions on a questionnaire

1. How many hours they slept on a typical week night
2. How large a problem they had not feeling rested in the morning.

The second question was answered using a 5-point scale

No Problem A bit Some Large Very Large

1 2 3 4 5

|  |  |
| --- | --- |
| Hours Slept | Feelings Unrested |
| 6 | 3 |
| 7 | 2 |
| 7 | 3 |
| 7 | 2 |
| 7 | 3 |
| 9 | 2 |
| 7 | 2 |
| 5 | 4 |
| 9 | 3 |
| 6 | 4 |
| 7 | 3 |
| 8 | 2 |
| 7 | 2 |
| 6 | 3 |
| 8 | 1 |
| 5 | 3 |
| 6 | 3 |
| 6 | 3 |
| 7 | 3 |
| 6 | 2 |

Figure 3: The relationship between the number of hours slept and the ratings of problems with felling unrested in the morning.

Researchers used Pearson’s correlation coefficient to analyse the data.

Table 3. Pearson’s correlation between hours of sleep and self-ratings of problems of feeling unrested in the morning.

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| --- | --- | --- |
|  | Coefficient | P |
| Pearson’s Correlation coefficient | r = -.54 | P = .015 |