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Wake Up A Comparative Study Between Sleep And Mood

The purpose of this research project was to determine if there is a connection between the amount of sleep a student gets and serotonin levels (mood). For the procedure, the researcher recruited 17 test subjects and obtained informed consent. A survey was constructed with four questions the subjects had to answer. The survey was conducted at 9:20 AM and 12:35 PM daily for two weeks. The survey had the subjects record the amount of sleep they received each night and then questions were asked pertaining to their mood on a scale of 1-5, 1 being worst and 5 being best. The data shows that the amount of sleep the subjects received did affect their mood. For example, with all 17 subjects, the ones receiving 6-9 hours of sleep on average had an average mood level. Those who had an average of more than 9 hours of sleep and less than 6 hours of sleep experienced a lower mood average. Subject 1 had an average of 8.3 hours of sleep and at 12:35 PM had an average mood of 3.6. Subject 6 received an average of 9.6 hours of sleep and had an average of 2.6 for mood at 9:20 AM. Based on the data received through this research, the researcher concludes that sleep may affect serotonin levels and mood. It also shows that possibly serotonin levels may go up after lunch because the moods had a higher average at 12:35 PM than at 9:20 AM. This was seen in 14 out of the 17 subjects.