



Testing the Effect of Different Sleep Durations on Memory

Name: _____

Experimenter(s): _____

Date: _____

Grade/Age: _____



1. QUESTION

How does different sleep duration affect memory performance?



2. HYPOTHESIS

If I get more sleep, then I will remember more items on a memory test.



3. MATERIALS

- List of 20–30 unrelated words (or numbers/objects)
- Timer or clock
- Paper and pencil
- Quiet space
- Data table (below)



4. PROCEDURE

1. Choose 3 different sleep durations to test.
Example: 4 hours, 6 hours, 8 hours.
(Keep a consistent bedtime schedule for each condition.)
2. For each sleep duration:
 - Follow the sleep schedule for one night.
 - The next day, study the list of words for 2 minutes.
 - After a 10-minute break, write down as many words as you can remember.
 - Count how many words you remembered.
3. Repeat for each sleep duration.
4. Record your results in the data table.



5. DATA TABLE

Sleep Duration (hours)	Number of Words Remembered	Notes / How I Felt (energy, alertness, etc.)
4		
6		
8		



6. RESULTS

What did your data show?



7. CONCLUSION

Did your results support your hypothesis?
Why or why not?



8. REFLECTION

What could you improve if you did this experiment again?



SAFETY FIRST: This experiment is safe, but get enough rest and ask a parent/guardian if you need help planning your sleep schedule.