

# **Log Book**

January 5 2025

We started brainstorming a experiment and finding topic that interest us

January 6 2025

We chose the topic: How does the amount of daylight that enters your room affect the way you sleep? This topic interested us a lot because sleep plays a big factor in our day. We wanted to see how much daylight affects your sleep.

January 7 2025

Today we completed the introduction and and the hypothesis slide

January 8 2025

Today we completed the Research slide

January 9 2025

Today we discussed what materials we need for the experiment and start listing down the experiments

January 12, 2025

We did the first experiment today. It was for the 1st person who is a female teenager.

January 13, 2025

Today we did the experiment for the middle aged group male and female.

January 17, 2025

Today we did an experiment for the teenager. We are doing a different person this time because we want to see how different people and age groups react

January 18, 2025

Today we did another experiment for both male and females. This was for the middle aged group.

January 19 2025

We put all of the experiment results on the google slides and we also thought about what possible sources of error could have occurred in the experiment and added it on the slides

January 20 2025

Today we added the dependent variable and the controlled variables

January 21 2025

There are many ways this science fair project we have done can be beneficial to the future. So we added it onto the google slides and finished up the conclusion and now we are done the project.