DATA ANALYZE

The experiment was testing if the hours of sleeping affect at the blood pressure or not. First day, I slept for 9 hours and the when I wake up I check my blood pressure. My blood pressure result was 80/125 Mm Hg. For the second day, I slept for 8 hours and then I check my blood pressure the result was 83/133 Mm Hg. For the third day, I slept for 6 hours and when I check the blood pressure it was 92/148 Mm Hg. For the fourth day, I slept for 5 hours and then I check the blood pressure and the result was 99/161 Mm Hg. My hypotheses was supported, because the data showed that sleeping hours increase the blood pressure.

CONCLUSION

In conclusion, I found that the best amount of time to sleep is 9 hours because it cause the best blood pressure rate.