Self Report

A team of psychologists wants to investigate if the amount of sleep required corresponds with age. They ask 15 participants, chosen at random from the register of a local surgery, to self-report over a period of a week ‘How many hours sleep they have each night?’ and ‘How old are you?’ The researchers averaged the weekly night sleep and then plotted the results from these two questions onto a scatter diagram, see below:

60

50

40

**Age (years)**

30

20

10

0

0 2 4 6 8 10 12

**Sleep (hours)**

**(Eduqas AS Component 2, SAMs)**

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