

Reading in the Morning and Afternoon



Question

Would I read better in the morning or in the afternoon?

Hypothesis

My Hypothesis for this experiment is that when I read in the morning, I will be able to read better than in the afternoon.

I think this because I learned from my research that loud noises and flashing lights will ruin my concentration. By reading in the morning, I will be able to concentrate better because there is natural light and not a lot of noises in the morning. If I read in the morning I think I will concentrate better.

Reasoning behind my Hypothesis

Our brain focuses by, “filtering important information and moving it up the ladder for deeper processing while suppressing interruptions from irrelevant bits and pieces,” (Schwartzbard, 2016). Even though you are concentrating hard there are also distractions to keep you from doing so. Some things that might take your concentration away are loud noises and flashing lights. So go somewhere where it is quiet with no flashing lights like a library, and your room or you could ask the people that are making noises to be quiet and ask them to turn off the flashing lights.

Materials

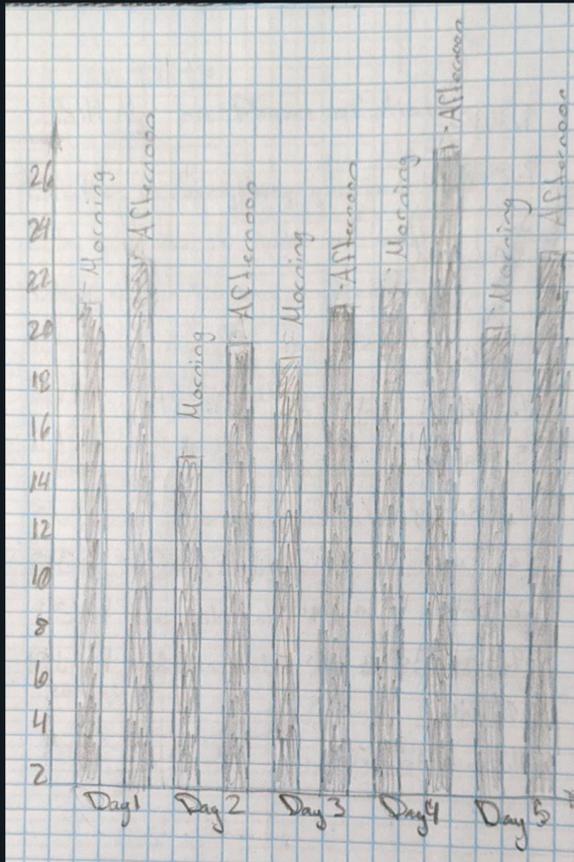
1. A Book
2. A Bed
3. A Stopwatch
4. Time to Read

Procedure

1. Wait until morning
2. Grab a book and go into your bed
3. Set a timer for 30 minutes and start reading
4. After the timer goes off see how many pages you read
5. Then wait till it's the afternoon
6. Once it is the afternoon grab the same book you read in the morning (or a different one if you want) and start reading
7. Set the timer once again for 30 minutes
8. After the timer goes off see how many pages you have read
9. Compare your data you collected
10. Repeat instructions 1-9 however many times you want

Results

My data shows that I read more in the afternoon. The average that I read in the afternoon was 22.8 pages. The average that I read in the morning was 19.6 pages.



Conclusion

My hypothesis was not supported by my data. I read more pages in the afternoon. According to my results, there was an average difference of 3.2 pages that I read.

Limitations for my experiment were soccer practice, soccer games, and homework.

Thank you for reading!

