

hypothesis:

I can increase my happiness if i listen to music for twenty minutes after i get up and go to bed at ten thirty. I tend to stay up fairly late i am often tired and feel unrefreshed the following day. Going to bed earlier and listening to music will help me to relax and wake up more refreshed and energised.

Procedure

1. I will take the oxford happiness questionnaire each day at the end of the day to monitor my happiness.
2. I will also keep a journal where i write about the things that went good and the things that could have gone better.(the back seven pages of my happiness journal)
3. I will then write an overall score for the day out of ten and will record the result below.
One will be an incredibly bad day and ten will be an incredibly good day.
4. go to bed at 10:30 and repeat the process the following day.

Data and Observations - 7 days, Saturday the 17th - Saturday the 24th

Date:	Rate (1-10) Before:	Rate (1-10) After:	Observations:
sunday: 2/18/18	4	5.5	After i listened to the music i felt as tho i had more energy and that i was just in a more enthusiastic place. I did however forget to take the happiness test at the end of the day.
Monday: 2/19/18	4.5	5.8	I listened to music a little after i woke up and i also read and i personally really enjoyed that i also didn't feel quite as tired as i usually do in the morning which is why i gave it a 4.5 i took the happiness test and got a 3.31
Tuesday: 2/20/18	3	6	Today i didn't really have a good morning i didn't want to get out of bed or have a lot of energy so i listened to some music after breakfast and it woke me up and put me in a good mindset i did however have to flush a little to get out the door since i got caught up in the music. However one i got to school i had a very good and fun day. I then took the happiness quiz and got 3.55

Wednesday: 2/21/18	3.5	7.5	<p>I actually forgot to listen to music right in the morning so i listened to it later on in the day and i actually think that there was a noticeable difference in my morning without the music i was more tired and had no energy and this lasted for a while until i listened to the music actually and it took longer for me to get the energy and have a good day. But in the end it was so much fun and just full of positivity productivity and connection. It was one of the best days i've had in awhile. And i took the happiness test and i think that this really reflect the great day that i had.</p> <p>3.90</p>
Thursday: 2/22/18	2	6	<p>I had a really bad night of sleep for some reason i'm not entirely sure why but i woke up feeling incredibly exhausted and like mentally i was not able to focus to the best of m abilities which added stress into my school work in all three if the core classes. I still had happy and positive things occurring but not as many and i wasn't as alert of outgoing as i was with the previous days. Because of this i got a lower score on the happiness test it was.</p> <p>3.59</p>
Friday: 2/23/1	4	3	<p>I actually ended up having a really bad day but this was not a result of the music experiment but rather the result of a fight that i got into with my step father that night that took away the good parts of my day and somehow made them seem insignificant. The score that i got for this day was</p> <p>3.00</p>
Saturday: 2/24/18	2	7.7	<p>I had a rufe morning because of the fight i got into and it was hard to get out of bed and start the day. So i listened to music and that helped me to get going and get into a good place but once i saw my friends and got there support it made me feel so welcome and happy. The score that i got for this happiness test was</p> <p>4.17</p>