

## CWSF 2007 - Truro, Nova Scotia



### Kendra Manz

#### Catching No ZZZZZZ's: A Sleep Deprivation Study

**Division:** Life Sciences / None

**Category:** Junior

**Region:** Edmonton

**City:** Edmonton, AB

**School:** Avonmore School

**Abstract:** This project examined the impact of 36 hours of sleep deprivation on 3 female teenaged subjects. Performance on 16 tasks was measured regularly to determine the impact on short term memory, fine and gross motor control, basic knowledge recall, reading fluency, word retrieval, and basic physical state. Some noticeable impacts were noted after only 22-26 hours without sleep.

#### Biography

My name is Kendra Manz. I live in Edmonton, Alberta and attend Avonmore Junior High in the Nelly McClung program for young women. I belong to the Newspaper club and am very active in volunteer work around the city. I enjoy reading, writing stories and poems, two of which have been published, and the outdoors. I enjoy science, and because I am interested in a career in Forensics or Pathology, will likely attend W. P. Wagner High School for it's Forensics program.

#### Awards

#### Value

Honourable Mention - Health Sciences - Junior Sponsor: Canadian Institutes of Health Research	\$100
<b>Total</b>	<b>\$100</b>