

# CWSF 2011 - Toronto, Ontario



## Gaven Mann

### Sleep? Haven't Heard of It.

**Challenge:** Health

**Category:** Junior

**Region:** Bay Area

**City:** Oakville, ON

**School:** W. H. Morden Public School

**Abstract:** The objective of my study is establishing whether sleep relates to academic performance. I tested myself for three one-week intervals, my sleep ranging from 5-11 hours. I completed visual/speed tests, auditory/memory tests and attention tests; then testing classmates devoid of the attention test, and subsequently inquiring how long they slept for. Tests endorsed that students who sleep for 7-9 hours enhance their academic performances.

### Biography

Hello, my name is Gaven Mann and I go to W.H. Morden Public School. I participate in school activities such as the Halton Skills Competition, Volleyball, Soccer, Basketball, Mathematics Contests and the Think Bowl competition. I play 2 sports outside of school consisting of hockey in the winter and lacrosse in the summer. Science, mathematics and Physical Education are my three favourite school subjects.

### Awards

### Value

Excellence Award - Junior - Bronze Medal Sponsor: Youth Science Canada	\$300
The University of Western Ontario Scholarship Bronze Medallist - \$1000 Entrance Scholarship Sponsor: University of Western Ontario	\$1 000
Total	\$1 300

