

## CWSF 2014 - Windsor, Ontario



### Mikaela Cockney-MacNeil

#### Enhancing Conceptual Memory by Sleep Learning Part II

**Challenge:** Health

**Category:** Senior

**Region:** Beaufort-Delta

**City:** Inuvik, NT

**School:** Samuel Hearne Secondary School

**Abstract:** Thirty-two participants were selected and placed into two groups: the experimental group listened to a recording of new English and math concepts while sleeping and reviewed notes during the day, while control group only reviewed the information while awake then tested after a week. The experiment was repeated over the course of four weeks with increasing complexity of the concepts covered.

#### Biography

Hello, my name is Mikaela Cockney-MacNeil, and I was born and raised in Inuvik, Northwest Territories. I like to figure skate and bake in my spare time. I am also very interested in psychology and sociology.