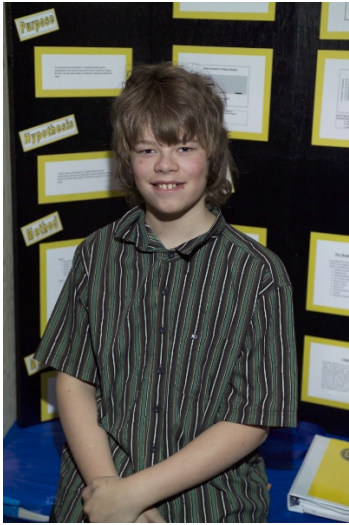


CWSF 2006 - Saguenay, Québec



Brady Cockerill

Shift Happens

Division: Life Sciences

Category: Junior

Region: Northern Manitoba

City: Thompson, MB

School: Riverside School

Abstract: This project examined manipulation of an individual's circadian rhythm. Manipulation was achieved through implementation of five recommendations shift working participants incorporated into daytime sleep, then measured by survey against quality of night sleep. Experimental design used qualitative approach recognizing participant compliance and subjective experience when concluding circadian rhythm manipulation successful.