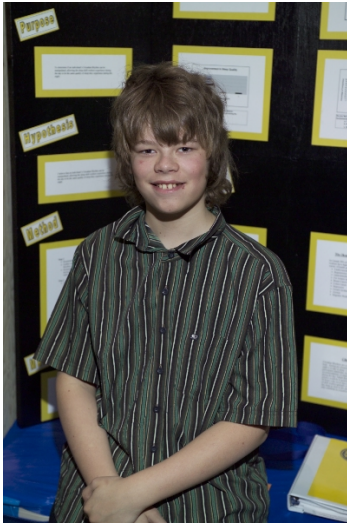


## CWSF 2006 - Saguenay, Québec



### 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.