

CWSF 2016 - Montreal, Quebec



Seth Bennett

Video Games Before Bed: Does it Affect my Sleepwalking?

Challenge: Health

Category: Junior

Region: Yukon Stikine

City: Whitehorse, YT

School: Golden Horn Elementary

Abstract: I tested whether the time of day that I played video games affected my sleepwalking, talking and restlessness at night. I compared morning, afternoon and evening play periods and one control. I measured restlessness and wakefulness using a Fitbit device. My parents recorded sleepwalking and talking. The time of day did not affect sleepwalking, but not playing video games caused more restlessness and sleep talking.

Biography

I am Seth Bennett, born and raised in Whitehorse, Yukon. I go to Golden Horn Elementary School. I love soccer, skiing, badminton and other outdoor activities. I got gold in the regional science fair when I was in grade 5, also winning the B.C. Science Teachers Award for best scientific content. I've been looking for a solution to my sleepwalking problems so I designed an experiment to test whether video games before bed affect my sleepwalking. I intend to test some other ideas that I have about possible triggers of my sleepwalking. My advice to others is to be patient as you may not find your answer right away. When I grow up I want to be a palaeontologist.

Youth Science Canada
PO Box 297
Pickering ON L1V 2R4
www.youthscience.ca / info@youthscience.ca
416-341-0040