

CWSF 2016 - Montreal, Quebec



Benjamin Jud, Kirk Rieberger

Human Sleep Patterns

Challenge: Health

Category: Intermediate

Region: Central Alberta

City: Innisfail, AB

School: Innisfail Junior Senior High School

Abstract: Our project is about human sleep patterns. Our goal was to test to see if sleeping for 4 hours, waking for 2 hours, while doing an activity, and then sleeping for another 4 hours would be more beneficial to the mental and physical well being, as well as professional productivity.

Biographies

Benjamin - I am a grade 9 student from Innisfail, Ab. I wish achieve high academic success and eventually go to University. We got inspiration for our project watching "How The Universe Works." They suggested that our primal ancestors needed to get up in the middle of the night for various reasons including tending to children and changing watch. If we did this again we would expand our demographics. We only had 4 test subjects and they were all male. We would like to include people of different ages as well as of other genders.

Kirk - I am a grade 9 student looking to achieve high academic success and move into the field of Software Engineering. We got inspiration for our project watching "How The Universe Works." They suggested that our primal ancestors needed to get up in the middle of the night for various reasons including tending to children and changing watch. If we did this again we would expand our demographics. We only had 4 test subjects and they were all male. We would like to include people of different ages as well as of other genders.

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