

## CWSF 2018 - Ottawa, Ontario



### Kaysea Fountain, Starr MacLean

#### Sleep Deprivation in Fort Resolution, NT: An Unmet Health Problem

**Challenge:** Health

**Category:** Intermediate

**Region:** South Slave

**City:** Fort Resolution, NT

**School:** Deninu School

**Abstract:** A survey-based study was conducted in Fort Resolution that included various sleep loss factors and disruptions. A total of 64 people completed the survey. The results were analysed based on gender, age and common sleep loss factors. It was found that males and youth below 19 are the most sleep deprived. This research is important to address the common health issue of sleep deprivation.

#### Biographies

**Kaysea** - My name is Kaysea Fountain, I'm a seventh grade student and I live in Fort Resolution, NT. This will be my first year attending CWSF, and I am really excited! We got the idea for our project by reading an article on Western University's Worlds Largest Sleep Study. Some things we plan to further investigate on is micro sleeps, on the brain, more positive and negative effects and more disruptions. Some advice I would give to a student that is thinking to do a project is, pick a topic that you are interested about so you won't get bored of your project, do background research, form a hypothesis, do a lot of research, and have fun.

**Starr** - My name is Starr MacLean, I am a ninth grade student at Deninu School in Fort Resolution, NWT. On my own time, I enjoy playing badminton, track & field and hanging out with my friends. This is my second year coming to the CWSF and I'm ecstatic to be coming back. I got my inspiration for this project from an article I was reading; Western University did the world's largest sleep deprivation survey and I was curious to see whether females or males were more sleep deprived and what the most common sleep loss factors are in Fort Resolution. For any further investigations, we would like to add more sleep loss factors, disruptions to sleep and see ...

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