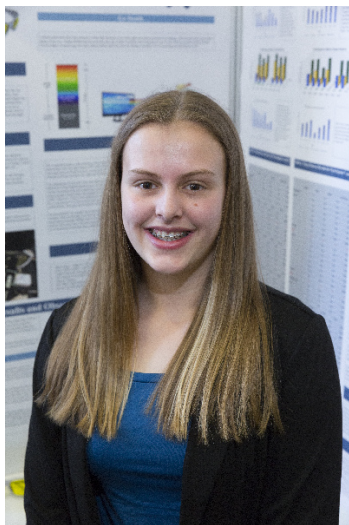


## CWSF 2018 - Ottawa, Ontario



### Abby Chapman

#### Out of the Blue - Into the Dark

**Challenge:** Health

**Category:** Intermediate

**Region:** Prince Edward Island

**City:** Stratford, PE

**School:** Birchwood Intermediate School

**Abstract:** This project was designed to put blue light-blocking glasses to the test in the lives of 4 female teenagers. Blue light emitted from electronic devices is an emerging issue, as most people are unaware of the serious effects blue light has on their health. I conducted an experiment measuring sleep patterns to see a comparison before and after the use of blue light-blocking glasses.

#### Biography

My name is Abby Chapman and I am a 15 year old from Stratford, Prince Edward Island. I am a French immersion student at Birchwood Intermediate School. This is my 4th year competing in the provincial science fair and my 1st time attending the CWSF! In my spare time, I enjoy travelling, playing soccer, skiing, performing in band and anything that involves science and engineering. At the end of May, I am heading to Tennessee to compete in the Destination Imagination Global Finals engineering challenge. I have always had an inquisitive mind which has given me a love for science. I became interested in the study of blue light after watching David Suzuki's presentation of "Lights Out". With most people being exposed regularly to blue light from technological devices, one has to wonder what significant effects this has on our sleep. Throughout my research, I experimented with the effects blue light has on female teenager's sleep. I also studied if blue light-blocking glasses could significantly improve one's sleep patterns. I have had a blast preparing for this event and can't wait to meet new people and work with others who have similar interests.

Youth Science Canada  
PO Box 297  
Pickering ON L1V 2R4  
[www.youthscience.ca](http://www.youthscience.ca) / [info@youthscience.ca](mailto:info@youthscience.ca)  
416-341-0040