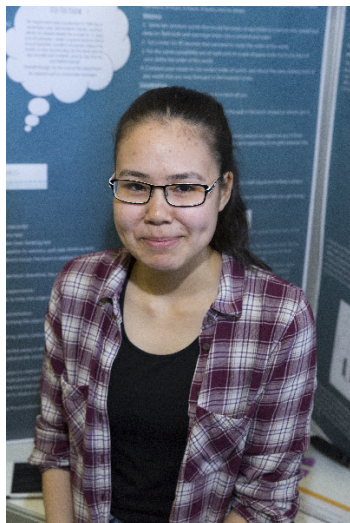


## ESPC 2018 - Ottawa (Ontario)



### Tyra Cockney-Goose

#### Catching ZZZ's (or not so much) ? The Awakening Effects of Sleep Deprivation

**Défi:** Santé

**Catégorie:** Sénior

**Région:** Beaufort-Delta

**Ville:** Inuvik, NT

**École:** East Three Secondary School

**Sommaire:** My project displays the relationship between simple everyday things that apply to life, such as, reaction time, coordination, the ability the think clearly, and the ability to form short-term memories, and the amount of sleep a person gets at night!

#### Biographie

Hello, my name is Tyra Cockney-Goose, I am 18 years old, and in grade 12. I go to East Three Secondary School, Inuvik, NT. In my spare time I enjoy being alone, lost in the world of books. Among other things I enjoy writing, art, sleeping, eating, and admiring my dogs. One of my best (worst) qualities include procrastinating to the highest degree. I have spent in the past, many late nights working on assignments days before the due date. In practice I realized that the quality of my work wasn't as good as it could have been if I had gotten them earlier, thus inspiring me to want to learn more about the effects of sleep deprivation. I know that I only just scratched the surface with the research that I conducted, but I would definitely love to learn more about it. As of this point in my life I'm not too sure what my future holds for me, but I am eager to get out into the world. This will be my first time attending Canada Wide Science Fair, but if I had any advice it would be to not procrastinate. Final thoughts: I hate word limits.

#### Prix

#### Valeur

Prix d'excellence - Senior - Médaille de bronze Commanditaire: Sciences jeunesse Canada	
Bourses de l'Université Carleton Médaille de bronze, sénior - Bourse d'admission de 1 000 \$ Commanditaire: Université Carleton	1 000,00 \$
Bourse d'admission de l'Université d'Ottawa Médaille de bronze, sénior ? Bourse d'admission de 1 000 \$ Commanditaire: Université d'Ottawa	1 000,00 \$
Bourse d'études de Western University Médaille de bronze - Bourse d'admission de 1 000 \$ Commanditaire: Université Western	1 000,00 \$
Total	3 000,00 \$