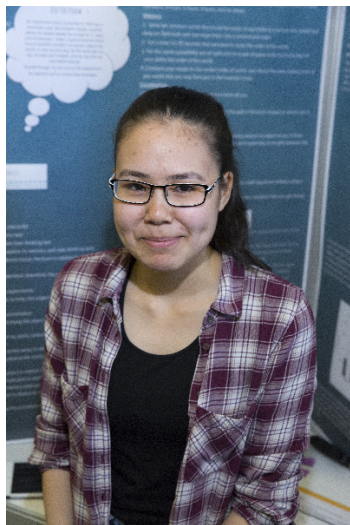


# CWSF 2018 - Ottawa, Ontario



## Tyra Cockney-Goose

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

**Challenge:** Health

**Category:** Senior

**Region:** Beaufort-Delta

**City:** Inuvik, NT

**School:** East Three Secondary School

**Abstract:** 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!

#### Biography

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.

#### Awards

#### Value

Excellence Award - Senior - Bronze Medal Sponsor: Youth Science Canada	
Carleton University Entrance Award Senior Bronze Medallist - \$1,000 Entrance Award Sponsor: Carleton University	\$1 000
University of Ottawa Entrance Scholarship Senior Bronze Medallist - \$1000 Entrance Scholarship Sponsor: University of Ottawa	\$1 000
Western University Scholarship Bronze Medallist - \$1000 Entrance Scholarship Sponsor: Western University	\$1 000
<b>Total</b>	<b>\$3 000</b>