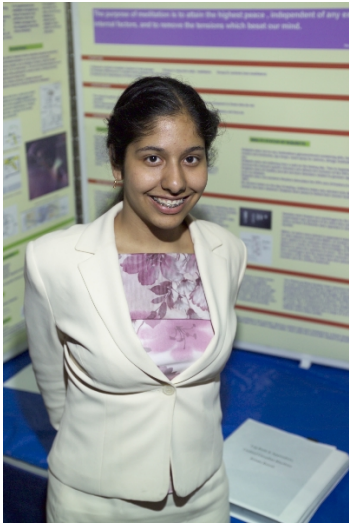


# CWSF 2006 - Saguenay, Québec



## Ketaki Rawal

### Cortisol Circadian Rhythms

**Division:** Life Sciences

**Category:** Intermediate

**Region:** CDLS - Province du Québec

**City:** Brossard, QC

**School:** École secondaire régionale Centennial

**Abstract:** Cortisol is an important biomarker of stress. Cortisol circadian rhythms in individuals indicate health and stress reactivity. Meditation is increasingly being used for stress reduction. This project compares resting cortisol levels through the day in long term meditators versus non-meditators. Saliva samples from subjects were used to determine cortisol values.

Awards	Value
The University of Western Ontario Scholarship Silver Medallist - \$1500 Entrance Scholarship Sponsor: University of Western Ontario	\$1 500
Silver Medal - Health Sciences - Intermediate Sponsor: Canadian Institutes of Health Research	\$700
Total	\$2 200