



**CALIFORNIA STATE SCIENCE FAIR  
2006 PROJECT SUMMARY**

<b>Name(s)</b> <b>Codi Hirsch; Megumi Tso</b>	<b>Project Number</b> <b>J0316</b>
<b>Project Title</b> <b>Snooze or Lose</b>	
<p style="text-align: center;"><b>Abstract</b></p> <p><b>Objectives/Goals</b> Our goal was to discover if the amount of sleep a person gets effects their ability to memorize and compute problems</p> <p><b>Methods/Materials</b> We chose 4 6th grade students to participate in our experiment. We had 5 different grade-level math tests and 5 different grade-level memorizing tests for them to complete on different days. We tested the subjects the same time each day and kept track of the amount of hours slept along with their scores. Materials used: grade-level math tests, grade-level memorizing tests, calculator, minute timer, pencils.</p> <p><b>Results</b> The results showed that the amount of sleep only had a small affect on math and memorizing abilities.</p> <p><b>Conclusions/Discussion</b> We found that a person's ability to memorize and compute math problems, only has a little to do with the amount of sleep they got the night before. It turns out that a person's learning ability has more to do with it. There were other variables that we could have looked at, such as eating breakfast, state of mind, ability level of test subjects, physical health/wellness, personal stresses, hunger/dehydration.</p>	
<b>Summary Statement</b> Our project examined the effect that sleep deprivation has on math and memorizing abilities.	
<b>Help Received</b>	