## Colorado Science and Engineering Fair

## 2023 <br> Individual Project Abstract Form

## Please print 2 copies of the completed form. Sign both copies, keep 1 for your notebook

 and submit 1 copy to your Regional Fair Director with your other paperwork.Title of Project: The Correlation Between Sleep and Obesogenic Tendencies<br>Finalist's Name: Jaden DePue<br>School and City: Wray Junior Senior High<br>Sponsor's Name: Eric Oestman

Category:Behavioral \& Social Sciences
Division: Junior (6th - 8th grades)
Abstract (250 words or less):
The purpose of this project was to determine if there is a correlation between sleep habits and obesogenic tendencies. In the Unites States, $35 \%$ of adults were getting 8 hours of sleep at night in 1998. In 2005, that had dropped to $26 \%$. This study evaluated the sleep habits of both teens and adults over a period of time and those same individuals' food choice to determine if there are correlations. The researcher hypothesizes that adults who are getting less than 8 hours of sleep a night, and adolescent teens getting less than 10 hours of sleep a night, will have a higher preference or craving for foods that are high in carbohydrates and preservatives such as sweet desserts, candy, sugary breakfast cereals, cookies and potato chips and those getting 10 hours or more of sleep per night will have a higher preference for healthier food choices such as fresh fruits, vegetables, high protein foods such as meats, eggs, nuts and legumes. In conclusion the researcher, with little confidence, accepts their hypothesis. In the future more research should be conducted to test if the amount of sleep a person gets affects their obesogenic tendencies.

I hereby certify that the above statements are correct and the information provided in the Abstract is the result of one year's research. I also attest that the above properly reflects my own work.

