



Colorado Science and Engineering Fair

2024 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: How Does How Much Sleep You Get Affect Your Short Term Memory The Next Day?

Finalist's Name: Madelynn Sellers

School and City: Green Mountain High School, Lakewood CO

Sponsor's Name: Jennifer Flores

Category: Behavioral & Social Sciences (BEHA)

Division: Senior (9th - 12th grades)

Abstract (250 words or less):

My experiment tested how the amount of sleep you get affects short term memory the next day. I had my participants do two tests, one was a 12 match memory test which was timed. This showed me how fast the participants were able to complete the test based on how much sleep they got the night before. The second test I had the participant remember 3 words, then draw a clock and when they were done with the clock I had them repeat the three words back to me. If they got all 3 words they got 5 points however they got one point deducted for every word they couldn't remember. The two tests resulted differently; the first test proved that if the participants got more sleep their memory functioned better; however, the second test proved that if the participants got more sleep their memory functioned worse. This lab was very beneficial because it will be able to show students the optimal amount of sleep needed to have a successful, productive day at school and in their personal lives.

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.

Finalist's Signature:

Date:

In addition, all students must complete the ISEF Student Checklist (1A), Research Plan, Approval Form (1B), and Checklist for Adult Sponsor (1), and any other ISEF forms required for this type of project. See the International Rules and Guidelines for form requirements. Return COPIES of all of these forms to your Regional Fair Director with you Finalist Verification/Permission Form. A signed copy of this form must be included in your notebook.