

**Science Fair
2024-2025
Gobind Sarvar School
Calgary, Alberta, Canada**



**Grade 10
Jaskirat Kaur**

Date	Summary of work done
12/04/2024	<ul style="list-style-type: none"> - I started the search for a science fair topic - I used the internet and thought about topics I would be interested on - Chose a topic related around sleep
12/31/2024	<ul style="list-style-type: none"> - I got my topic approved by Ms. Amanda - Started a google doc to write all information - Wrote down the questions I need to answer for background information
1/7/2025	<ul style="list-style-type: none"> - I started to work on the questions - I had a discussion with Ms. Amanda about how I should do the experiment - Started to research on neurons and types of neurons
1/8/2025	<ul style="list-style-type: none"> - I had an in class discussion with Ms. Amanda about the errors I will face when conducting the experiment. - Finished research on neurons, and started researching about what a brain and its parts - Brainstormed title ideas
1/9/2025	<ul style="list-style-type: none"> - Finished research on the brain and its parts - Started research on brain waves and how they are measured - Ordered 2 fitness trackers for experiment, and talked to the participants that will be conducting the experiment.
1/10/2025	<ul style="list-style-type: none"> - Finalized my experiment plan with Ms. Amanda at school - Watches arrived
1/11/2025	<ul style="list-style-type: none"> - I started writing about the Circadian Rhythm, how it is controlled, the difference between a disrupted and a healthy clock, and circadian rhythm in teens.
1/12/2025	<ul style="list-style-type: none"> - Experiment starts tonight - Finalized each participant - Participant A has consistent hours of sleep - Participant B has inconsistent hours of sleep
1/13/2025	<ul style="list-style-type: none"> - Day 1 of experiment (first week starts, without interventions) - Participant A received 9 hours and 18 minutes of sleep - Participant B received 7 hours and 2 minutes of sleep
1/14/2025	<ul style="list-style-type: none"> - Day 2 of experiment - Participant A received 7 hours and 36 minutes of sleep - Participant B received 6 hours and 49 minutes of sleep
1/15/2025	<ul style="list-style-type: none"> - Day 3 of experiment - Participant A received 8 hours of sleep - Participant B received 7 hours and 6 minutes of sleep

1/16/2025	<ul style="list-style-type: none"> - Day 4 of experiment - Participant A received 8 hours and 8 minutes of sleep - Participant B received 8 hours and 49 minutes of sleep
1/17/2025	<ul style="list-style-type: none"> - Day 5 of experiment - Participant A received 8 hours and 6 minutes of sleep - Participant B received 4 hours and 50 minutes of sleep
1/18/2025	<ul style="list-style-type: none"> - Day 6 of experiment - Participant A received 8 hours and 37 minutes of sleep - Participant B received 6 hours and 9 minutes of sleep
1/19/2025	<ul style="list-style-type: none"> - Day 7 of experiment (first week completed) - Participant A received 10 hours and 50 minutes of sleep - Participant B received 5 hours and 14 minutes of sleep
1/20/2025	<ul style="list-style-type: none"> - Day 1 of experiment (second week starts, with interventions) - Participant A received 7 hours and 28 minutes of sleep - Participant B received 6 hours and 20 minutes of sleep - Both participants did light exercise before sleep
1/21/2025	<ul style="list-style-type: none"> - Day 2 of experiment - Participant A received 8 hours and 32 minutes of sleep - Participant B received 6 hours and 9 minutes of sleep - Both participants watched their phones before sleep
1/22/2025	<ul style="list-style-type: none"> - Day 3 of experiment - Participant A received 9 hours and 29 minutes of sleep - Participant B received 7 hours and 15 minutes of sleep - Both participants ate a light snack before sleep
1/23/2025	<ul style="list-style-type: none"> - Day 4 of experiment - Participant A received 9 hours and 10 minutes of sleep - Participant B received 7 hours 53 minutes of sleep - Both participants did meditation before sleep
1/24/2025	<ul style="list-style-type: none"> - Day 5 of experiment - Participant A received 13 hours and 48 minutes of sleep - Participant B received 7 hours and 53 minutes of sleep - Both participants ate a light snack before sleep
1/25/2025	<ul style="list-style-type: none"> - Day 6 of experiment - Participant A received 12 hours and 35 minutes of sleep - Participant B received 5 hours and 11 minutes of sleep - Both participants did meditation before sleep
1/26/2025	<ul style="list-style-type: none"> - Day 7 of experiment (second week completed) - Participant A received 8 hours and 7 minutes - Participant B received 6 hours and 41 minutes - Both participants watched their phone before sleep - I found a slide template using slidesgo

1/27/2025	<ul style="list-style-type: none"> - Continued information on circadian rhythm in teens and adults
1/28/2025	<ul style="list-style-type: none"> - Started information on the basics of sleep and sleep stages
1/29/2025	<ul style="list-style-type: none"> - Continued and finished information on sleep stages
1/30/2025	<ul style="list-style-type: none"> - Started to work on slides - Began writing out data from experiment - Continued research on sleep
1/31/2025	<ul style="list-style-type: none"> - I wrote out the hypothesis, materials and procedure - Updated slides with all information from the doc - Worked on sleep anatomy and disorders
2/2/2025	<ul style="list-style-type: none"> - Finished writing about sleep disorders and improving sleep - Finished conclusion and acknowledgments, - Finished all tables for data collected from the experiment.
2/3/2025	<ul style="list-style-type: none"> - Got slides approved by Ms. Amanda - Got slides printed out and began gluing on trifold - Worked on applications/limitations
2/4/2025	<ul style="list-style-type: none"> - Finished gluing for trifold - Set up tri fold - Practiced presenting
2/5/2025	<ul style="list-style-type: none"> - Science fair day - Presented my project to two judges - Received a lot of questions and feedback
2/7/2025	<ul style="list-style-type: none"> - Received results for science fair, I received first place - Met with Ms. Fauzia (science teacher) to discuss further steps to sign up with CYSF - Logged into portal
2/10/2025	<ul style="list-style-type: none"> - Filled out all forms for my CYSF portal
3/17/2025	<ul style="list-style-type: none"> - Began to transfer all information to my portal - Met with my science fair mentors, and asked for advice
3/19/2025	<ul style="list-style-type: none"> - Finished transfer of info - Received the bigger tri-fold - Had a meeting with all science fair participants