

Science Fair Logbook  
2026  
Gobind Sarvar School  
Calgary, Alberta, Canada



Names Of Students: Taqdir & Manpreet

Grade: 9A

Date:	Completed Work:
December 3rd, 2025 (M)	Topic and Introduction slide
December 9th, 2025 (M, T)	Labeled all Slides
December 10th, 2025 (T)	How does light affect your sleep?
December 15th, 2025 (T)	Do people fall asleep later when their room is still bright from daylight?
December 29, 2025-January 5th, 2026	Recorded experiment information.
January 4th, 2026 (M)	How does daylight affect the hormones that control sleep (like melatonin and dopamine)?
January 4th, 2026 (M)	What Is Sleep, And Why Does The Human Body Need It?
January 5th, 2026 (T), (M)	Sleep Cycle and Hypothesis ,
January 5th, 2026 (M)	How does light entering the eye trigger signals in the brain that affect sleep?
January 5th, 2026 (M)	What part of the brain helps control sleep based on light and darkness?
January 5th, 2026 (T)	How does this experiment apply to daily life?
January 5th, 2026 (T, M)	Citations.
January 5th, 2026 (T)	Added Information to the sleep cycle slide.
January 5th, 2026 (M)	Citations and model slides.
January 6th, 2026 (M)	Variables, Materials, hypothesis result.

January 6th, 2026 (T,M)	Conclusion, and Sources of error.
January 6th, 2026 (M,T)	Working on a model.
January 6th, 2026 (M)	How Does Daylight Exposure Influence Alertness?
January 6th, 2026 (T,M)	Hypothesis, procedure and what ages are affected.
January 6th, 2026 (T)	What is the negative effect of daylight entering your eyes at night on your body?
January 6th, 2026 (T)	Added information to Sources of Error.