



**CALIFORNIA STATE SCIENCE FAIR
2008 PROJECT SUMMARY**

Name(s) Rachel Cornelison; Emma Liband	Project Number J1108
Project Title What Changes without Sleep?	
<p style="text-align: center;">Abstract</p> <p>Objectives/Goals Our objective was to learn if lack of sleep affects performance.</p> <p>Methods/Materials We tested our subjects with their normal sleep and without sleep for one night in math, hand-eye coordination in a basketball shoot and catching a tennis ball, and running speed.</p> <p>Results We found that our subjects performed slower and less accurately after having no sleep.</p> <p>Conclusions/Discussion Our subjects did not perform as well without sleep and supported our hypothesis. We also found from our reseach that lack of sleep increases brain activity and temperature, and people are unable to think or do things as well as they normally do. We saw and felt how hard it is to stay up all night.</p>	
Summary Statement Our project is about how the lack of sleep affects a person's performance.	
Help Received Mrs. Cornelison let us host our experiment at her house, Mrs. Liband participated in an interview. Miss. Scheff and Miss. Millar for helping us with our display board.	