



## MURC 2019

Presentation ID: 130

Presentation Format: 10-Minute Oral Presentation

Presentation Title: Vigilance and its Utilization through the Game â€œPongâ€ as a Self-Reflective Tool to Dawn on Sleep-Deprivation

70 percent of college and university students reported that they snag less than eight hours a night, according to a 2010 study in the Journal of Adolescent Health. Students who are sleep deprived struggle more academically and are at a higher risk of failing compared with those who are getting enough rest on a consistent basis, says a 2014 study in Nature and Science of Sleep.

Within the scope of the Vancouver Summer Sleep School (VSSS) 2017 at BC Children's Hospital Research Institute, behavioural patterns of night-time drivers were investigated by looking at various vigilance domains. Vigilance, in this case, is defined as a state of being alert and responsive to stimuli from one's environment. Correspondingly, vigilance is reportedly positively correlated with sleep duration.

During the VSSS 2018, a group of high school students created the idea of a Wake-Thon (24 hr-event), which would include several â€œVigilance-Gamesâ€, which students can participate in to monitor their own vigilance deterioration, and therefore become more aware of the importance of sleep, with the overall essence to offer a more self-reflective approach to the aforementioned issue.

Specifically, and more importantly, my presentation will zoom into the game â€œPongâ€ (Beer Pong) to demonstrate the integration of specific vigilance domains (e.g. hand-eye-coordination) and the potentiality of data collection based on the participantâ€™s performance in a test/lab-setting.

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### Themes:

Check (highlight) the most applicable theme according to the abstract.

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| <input type="checkbox"/> Innovation and Technology | <input type="checkbox"/> <b>Health and Wellness</b> | <input type="checkbox"/> Culture and Society | <input type="checkbox"/> Sustainability and Conservation |
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Comments: [Good abstract overall. There may be areas to include further details.](#)