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 vigilance-games, 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 “Pong” (Beer Pong) to demonstrate the integration of specific vigilance domains (e.g. hand-eye-coordination) and the potentiality of data collection based on the participant’s performance in a test/lab-setting.

Themes:

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

| Innovation and Technology | Health and Wellness | Culture and Society | Sustainability and Conservation |

Comments: Good abstract overall. There may be areas to include further details.