**Name:** Lauren Radicchi

**Year in Course:** 2nd (Junior)

**Topic:** Adolescent Psychology, Sleep, Memory, and Technology Use

**Mentor:** Dr. Anna Schapiro, University of Pennsylvania

**Title:** The Impact of Technology Use before Sleep and its Effects on Implicit and Explicit Memory Retention

**Abstract:**

While sleep, technology, and memory all play massive impacts on people’s everyday lives, they are still severely understudied, especially in terms of the correlations between one another. While it has been established that technology negatively impacts sleep time & quality, and bad sleep negatively impacts memory, no study has ever looked at how all three things correlate and impact one another. This study will hopefully establish a connection between these elements, in order to better understand the impacts of technology on the human body. In order to do this, all participants will be asked to take complete two memory tasks to create a baseline for their memory capabilities. After this, all will be asked to wear a sleep tracker for two weeks while one group limits their technology use for one hour before sleep. Following this study period, they will be asked to complete two memory tasks in order to test for implicit and explicit memory changes. Finally, the results of the different groups will be analyzed for trends or differences.