

SLEEP LOG ASSIGNMENT

Directions:

1. Use the sleep log provided in class (at least two weeks of documented sleep).
2. Complete the questions related to the sleep log in complete paragraphs.
3. Your dream lab should be utilized and attached as well.
4. Create a citation page as all information from news articles must be cited!! Do not use an internet search engine to obtain any additional information.

Assembly:

5. Type all work using MLA format (see links on www.debelak.yolasite.org).
6. Print & attach rubric to the front of your assignment.
7. Attach your sleep log and dream lab to the back of your typed assignment.
8. The last paper should be your work cited page.
9. Place all completed assignments in the bin.

Grading:

YOUR GRADE WILL BE BASED ON THE FOLLOWING RUBRIC:

CATEGORY	4	3	2	1
Amount of Sleep	The amount of sleep you get is compared to the average amount for your age. At least 2 reasons for a similarity or difference are included. All information is accurate.	The amount of sleep you get is compared to the average amount of sleep for someone your age. At least 1 reason for a similarity or difference is included. All the information is accurate.	The amount of sleep you get is compared to the average amount of sleep for someone your age but no reasons for a similarity or difference are included.	The amount of sleep you get is not compared to the average amount of sleep for someone your age or the information is inaccurate.
Lack of Sleep Impact	At least 2 ways in which the lack of sleep will impact your behavior are included, explained in <u>detail</u> and are accurate.	At least 2 ways in which the lack of sleep will impact your behavior are included but do not include much detail or may not be accurate.	Only 1 way in which the lack of sleep will impact your behavior is included or if 2 are included, neither is accurate.	An attempt to answer the question was made but is not accurate
Sleep Log	All data is included for at least 14 nights of sleep. All Data is accurate. Average amount of sleep is calculated accurately	All data is included for at least 10 nights of sleep or Data is included for 5 nights with 1-2 errors.	All data is included for at least 7 nights of sleep or Data is included for 4 nights with 3-4 errors.	Insufficient nights of sleep, or there are more than 4 errors.
Dream Lab	Dreams are recorded, and a clear attempt to plan them was made. Dreaming state analyzed as best as possible.	Dreams are recorded but little attempt at analysis of lab is made.	Some attempt to record dreams was made and is assessed.	Dream lab incomplete or missing.

FYI:

1. A sleep cycle lasts 90 minutes. So, if you sleep 7.5 hours in a night, you will have gone through 5 sleep cycles. Multiply the number of nights times the amount of recommended sleep per night (14 X 8). Subtract the total number of hours you slept from the amount of recommended sleep. That is your amount of sleep debt.
2. To determine your average hours of sleep per night you must add up all of the hours you slept for the nights you recorded and then divide by the number of nights you recorded.
3. Use your SLEEP LOG, notes, any articles provided, and class discussion to help with your analysis.
4. Most psychologists currently believe dreams are a reflection of daily actions/behaviors.

I. Sleep Patterns

Personal Hours of sleep debt: _____

Class reported hours of sleep debt: _____

II. Sleep Analysis

- a. How does the amount of sleep that you get compare to the recommended amount of sleep for someone your age? **Explain (support) at least two reasons why you do or do not get enough sleep**. Use COMPLETE SENTENCES.
- b. Are your sleep patterns regular? What happens if you do not get enough sleep? How will it impact your behavior/cognitive ability? **Explain at least two ways in which lack of sleep will impact your behavior**. Provide at least one SPECIFIC supporting detail for each way (from sleep log). Use COMPLETE SENTENCES. FIVE sentence minimum.

III. Dream Analysis

Analyze your dream lab/log. Were you able to remember your dreams? If so, choose one and explain what you think it means (refer to notes and articles). If you were unable to remember an dreams, give a detailed (psychologically supported) explanation for your inability to recall dreams.