Sleep Journal

Although you can't measure changes in brain chemistry or track subtle variations in an electroencephalogram (EEG) to study REM sleep, you can use one of the tools sleep and dream scientists have used for many years: the sleep journal. By keeping a sleep journal, you can track your sleep patterns to see if the quantity and quality of your sleep affects your performance in school or sports. Below is an example of a sleep journal.

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Day | Date | Time to bed | Waking Time | Number of times woken up | Quality of sleep (i.e. restless) | Total hours slept |
| 1 |  |  |  |  |  |  |
| 2 |  |  |  |  |  |  |
| 3 |  |  |  |  |  |  |
| 4 |  |  |  |  |  |  |
| 5 |  |  |  |  |  |  |
| 6 |  |  |  |  |  |  |
| 7 |  |  |  |  |  |  |
| Week averages |  | Average | Average | Average |  | Average |

For this journal, you will need to track the relationship between an activity or behavior and your sleep. Some options could be watching a scary movie before going to bed to see if it affects your mood when you wake up. Another possibility could be your mood when you fall asleep and seeing if that causes you to get more or less sleep. At the end of the assignment, you will turn in your sleep log and a reflection to the following questions below:

* What was something that surprised you or stood out to you on your sleep chart?
* If you were to track your sleep again, what would you track or change about the study?
* Find three terms/concepts from the textbook and relate them to your week long experience with your sleep. You can use any module in Unit 5 - including sleep deprivation. The reflection must include an explanation of the concept/term and how it relates to your sleep journal or experience completed the sleep journal.

The reflection can be turned in handwritten or typed and should be about a page. All responses should be detailed and thoughtful.

**This assignment is due at the end of the Unit**

Late work will only be accepted for 24 hours and will only received 50% per syllabus policy.