

The Sleep Study Project

Brain Studies

SBC161

Introduction

Sleep is an essential function required by the body to remain healthy and stave off diseases. Without sufficient sleep, the brain cannot function properly. Sleep is critical for a variety of physical and psychological functions including:

- Learning and consolidation of memories.
- Being able to make sound judgements and decisions.
- Solving problems.
- Energy conservation.
- Growth and healing of body tissues.
- Immune function.

We will discuss the science of sleep soon in this course, but it will prove useful and informative to get a sense of your current level and quality of sleep. To that end, you will complete a sleep study over the course of the next seven days.

Instructions

For the next seven days you will collect data regarding your sleep habits. Dedicate a few pages in your notebook to this project. Create a table similar to this one in your notebook:

Date	Bed Time	Wake Time	Total Sleep (to the nearest 0.25 hours)	Notes

Bed Time is when you turn off the lights and began to go to sleep. This should not include time sitting in bed reading, listening to music, or screen time of any sort.

For each night of the study record some brief **Notes** of the night's sleep. Did you wake up one or more times? Did it take longer than 15 minutes to fall asleep? How did you feel in the morning upon waking?

Bonus: If you have a watch that is able to collect sleep data, expand your table to include time spent in: a) Deep Sleep, b) Light Sleep, c) REM Sleep, and d) Awake and/or restless.