

# Psychology Sleep Study and Dream Journal

Beginning Date for Study:

End Date:

DUE Date:

## What are the project goals?

Over the next two plus weeks, you will observe your general sleeping habits, your daily mood, sleepiness, etc. In general, you want to observe how many hours you are sleeping and how your sleep patterns are affecting your ability to live and function. Most of this activity will require your individual work and effort, but some things will be done as a class.

Information you are collecting about your personal experience includes the following--

**Nighttime data** (minimum of 7 nights) - You will record the time you went to sleep and the time you woke up(quantitative data.)

**Daytime data** (minimum of 7 days) - During this research period, you will also record “next day” information about your sleep quality, your remembered dreams and your behaviors and experiences during your waking hours (qualitative data.)

**Dream data** (minimum of two dreams)- During this research you will record the manifest content (storyline) of at least two dreams in as much detail as you can.

## Confidentiality

Your data will be kept confidential by the teacher, you only have to share what you want to share with the rest of the class.

## **PART I. First things first- Operational Definitions**

Together as a class, let's agree on some operational definitions for this activity.

- Sleep quality
  - good sleep
  - mediocre sleep
  - bad sleep
- Dreams (How do you feel about it after you wake up?)
  - stressful
  - pleasant
  - bad
  - nightmare
- Deprivation cues-
  - snooze button
  - yawn
  - nod-offs vs. falling asleep
  - feeling sleepy
  - other sleepy behaviors? (Urge for caffeine, loss of concentration, forgetfulness, etc.)

**Confounding variables-** Identify which of the above deprivation cues could possibly be caused by factors other than lack of sleep.

## **Part II. Observations and Data Collection**

**Instructions** - These instructions apply to every day and night you participate in the study. (Remember! Minimum 10 nights/11 days)

### **Part A (sleep data -DAILY)**

- Record your sleeping hours.

### **Part B (deprivation cues - DAILY)**

- Record how many times you observe your own deprivation cues during your waking hours.

### **Part C (reflection and dream journal)**

- Write a short personal essay reflecting on your sleep experience over the past seven days and record general and anecdotal information about the quality of your sleep, mood, dreams, cognitive functioning during the day, etc.
- Record the manifest content (storyline) of at least two dreams in as much detail as possible! If you have difficulty remembering your dreams here are a few tips:
  - Keep a pen and paper next to your bed
  - Tell yourself before you sleep that you will remember your dreams!
  - When you wake up lay there with your eyes closed for a moment and focus on your dreams
  - Write down as much as you can remember as soon as you wake up
- Personal voice is okay, but please maintain a technical writing tone and use proper psychological terminology.

### **Part D (data description - SUMMARY)**

- Create an appropriately labelled scatter plot describing the correlation between total hours of sleep and deprivation cues. **Include a statement below your scatterplot, explaining the scatter plot results, indicating whether it represents a positive or negative correlation.**

### **Part E (sharing data/aggregate results)**

- At the end of the data-gathering period, you will input your data into a Google Form that will upload your data to a spreadsheet. This spreadsheet will allow us to observe results for the whole study population.

**PART A. Data collection chart: Sleep hours**

On the table below, note the following information on the table labeled “Sleep Data” for each day of the study.

- time you fell asleep at night
- time you woke up in the morning
- number of hours between the time you fell asleep and the time you woke up (subtotal)
- approximate number of hours or minutes you *lost* due to sleep interruption during the night
- time you spent napping (write "n/a" if you did not nap)

**SLEEP DATA**

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Date							
Time fell asleep							
Time when woke up							
<i>subtotal</i> hours							
Nap time in hours and minutes							
<b>Subtract minutes of interruption.</b> Write "n/a" if there was no interruption.	-	-	-	-	-	-	-
Total # of sleep hrs.							
Sleep Quality- good, mediocre, bad							
Dreams?							

**For Total # Sleeping Hours :**

range: \_\_\_\_\_ mean: \_\_\_\_\_ mode: \_\_\_\_\_ median: \_\_\_\_\_

**If you napped- total nap time:**

range: \_\_\_\_\_ mean: \_\_\_\_\_ mode: \_\_\_\_\_ median: \_\_\_\_\_

**PART B Data Collection Chart: Deprivation Cues**

Throughout the day, tally how many times you experience the deprivation cues we discussed in class. (Remember your operational definitions!)

Record your tally on the data table below.

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Date							
Snooze button							
Nod offs							
Fell asleep							
Yawns							
Feeling sleepy							
other cue (please identify)							
other cue (please identify)							
other cue (please identify)							
Total # of deprivation cues							

For total # of deprivation cues: range: \_\_\_\_\_ mean: \_\_\_\_\_ mode: \_\_\_\_\_ median: \_\_\_\_\_

**PART C:** *Reflection and Dream Journal - AT THE END OF YOUR STUDY!*

This is your opportunity to reflect back on your sleep quality and how it impacted your daily behavior and performance. You **MUST** include at least two dream summaries in as much detail as possible to receive full credit! The dream summaries can be written out separate from your reflection but everything must be turned in together!

In case you have trouble getting started on the reflections, these questions are **suggestions** intended to help you complete your reflection. You do not have to answer them precisely.

- How difficult was it to wake up?
- How did your mood change throughout the week?
- Did you have trouble paying attention and/or taking notes in class?
- Did you have difficulty going to sleep?
- Did you snap at anyone or find yourself annoyed with people?
- Did you have to read something more than once to “get” it?
- Did you fall asleep right away?
- Where you ever late to school or a practice?
- What did you dream about?
- Did you fall asleep while studying or doing homework?
- Did you forget to do something on your to-do list?
- Were your behaviors re-directed by a teacher or administrator?
- Did you have a hard time paying attention to someone as they talked to you?

**PART D:** *Data Description*

- On a sheet of graph paper, **create a scatter plot** which depicts the relationship between your sleep data and your deprivation cues.
- Include a statement below your scatterplot which explains how the data describes your sleep and consciousness experience during the study period.
- Is there a correlation? If so describe it. If not, explain why not.