

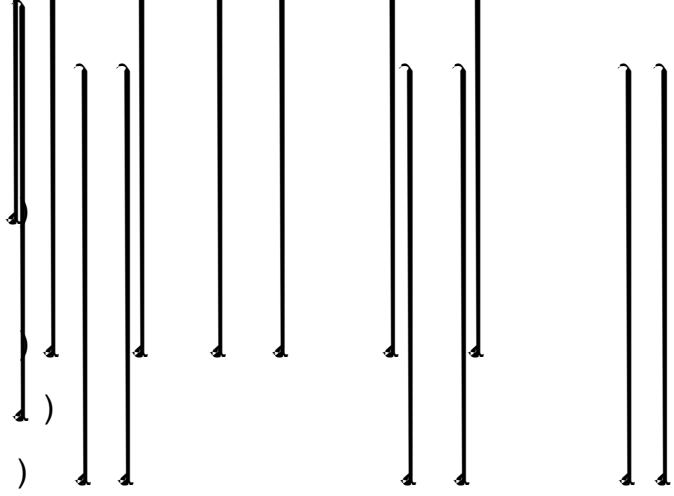
Psychology 360*:

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lab session:

Lab #1: Sleep Diary and Lab Report



(60%

(40%)*

***see Policy on deadlines and late submissions**

Lab #3: Sleep Myth Presentation

Goal:

The goal of this lab is to critically examine a common assumption or belief (“myth”) about sleep, factors that influence sleep, or the functions of sleep. The validity of the “myth” is critically assessed by identifying and presenting one or two empirical studies/research articles that test the hypothesis contained in the myth.

Background:

There are numerous ideas and beliefs about sleep and its functions. We are familiar with many of them (e.g., “warm milk makes you sleepy”; “a power-nap improves performance at the workplace”; “screen time before bed interferes with sleep”; “we only need 2-3 hours of sleep”). Identify one sleep myth that is of interest to you (use books, movies, news outlets, your friends, other sources) for ideas. Be creative and try to find something a bit unusual if you can!

The Sleep Myth and Relevant Research:

The background research and presentations are done in pairs of students. It is your responsibility to coordinate with your partner to agree on a topic/myth, conduct the background research, and prepare and deliver the presentation.

Formalize the myth that you will investigate in a brief statement (see examples above) and find at two (2) research articles that describe experiments to assess the hypothesis contained in the sleep myth. Submit the proposal of your sleep myth topic and citations to the article(s) to your TA by the stated deadline (posted in the Schedule above) ***see Policy on deadlines and late submissions**. Read the articles and familiarize yourself with the general background, specific methodology used in these studies,

Attendance and Participation: Attendance during all presentation sessions is mandatory. Participate in the labs by asking questions, voicing your opinion, or providing ideas and insights into the various topics. Attendance and participation both contribute to the overall mark for this lab (see below) and enhance the learning experience by facilitating active discussions of course material.

