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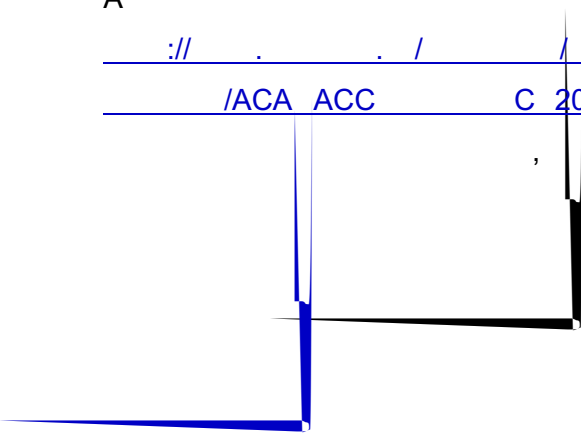
All late submissions will be penalized (5% deduction from the grade for the affected lab project for each day late; this applies to the completed lab project, but also the deadlines for

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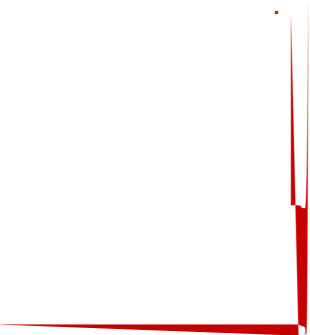
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**PSYCHOLOGY 360:
The Psychology and Neuroscience of Sleep**

LAB MANUAL

Winter Term 2022

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Lab #1: Sleep Diary and Lab Report

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Lab #2: Overnight Sleep-EEG Lab

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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 In-Class Presentation: Finally, you and your partner will present the myth and the studies you have reviewed to your lab section. A slideshow presentation (e.g., PowerPoint, Keynote) is expected; however other multimedia can be used as well (if you wish to

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



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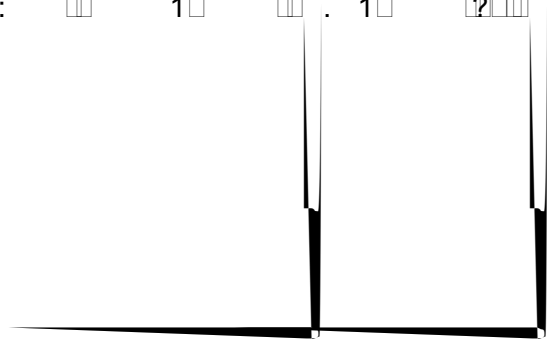
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