**States of Consciousness Project**

Pick one of the two projects. This assignment will count 10% of the second-quarter grade. The due date is Monday, Dec. 10. You may definitely turn it in earlier than that if you like, and I will grade your project first and quickly.

**I. Keeping a Sleep Diary:**

For a picture of your sleep patterns, keep a sleep diary for 7-10 days minimum.  These days **MUST** be consecutive and include at least one weekend. Your data will need to include either the full week before Thanksgiving, or the full week after. Thanksgiving Break will likely not reflect your normal sleep habits. You may add the days over Thanksgiving Break if you would like to in order to provide a contrast, but you have time to collect all the data you will need before or after the holiday break.

If you have an irregular sleep schedule, the diary will certainly reveal it.  For example, is there consistency in the total amount of sleep you get each night?  Do you go to bed and awaken at the same times each day?  The diary should also enable you to see daily peaks and troughs in wakefulness.  At what time of day is your performance most efficient?  Does the pattern resemble the standard shift of biological rhythm, dipping between 1:00-3:00 p.m., or does the dip come earlier or later?  The latter may indicate a backlog of sleep debt, particularly if you have a strong desire to nap even after sleeping later on Saturday and Sunday mornings.  Keeping a sleep diary may be the first step in identifying the existence of sleep deprivation, as well as possible causes of sleep disorders.

Students choosing this project will keep a sleep diary, using either Handout 7-3 (attached below on p. 3; please make your own copies for each day) or an alternative form that the National Sleep Foundation uses at <https://sleepfoundation.org/sleep-diary/SleepDiaryv6.pdf>. Students will prepare a typed 3-page report of what they have learned about their sleeping patterns. Remember: do not write less than two pages or more than four pages.  Students will also turn in every page of the sleep diary. Please staple your typed paper on top of the pages from the sleep diary. I will look at your diary pages before reading your paper; a glance at your diary will give me an idea of what to expect and look for in your paper.

If you are struggling with what to include in your 3-page written report, here are some questions that you should address within your paper:

*According to what you know about teenagers’ sleep needs, do you get enough sleep?*

*Is there consistency in the total amount of sleep you get each night?*

*Do you go to bed and awaken at the same times each day? If not, do you see any patterns in your sleep and wake times?*

*What time of the day is your performance most efficient?*

*Does the pattern of your sleepiness/wakefulness match the standard shift of biological rhythm, dipping at around or 3:00 p.m., or does the dip come earlier or later?*

*What connection can you make between your sleep on certain nights and your performance the next day? Give examples if you can.*

*How did your naps, if you took them, affect your alertness and your ability to fall asleep?*

*When did most of your naps take place?*

*What do you think you learned from looking at your sleep and wake patterns?*

*Looking at your patterns of sleep, how could you fit a bit more sleep into your day in ways that would be constructive?*

**II. Keeping a Dream Journal**

Some people seem to remember dreams better than others.  A few people may claim - falsely - that they rarely, if ever, dream.  Some students may wish to maintain a dream journal and do a self-analysis of the potential underlying meanings and motives of their dreams.  If you are hoping to do the dream journal, please start immediately trying to record some dreams. If you are unsuccessful after a few nights, then you will likely need to switch to the Sleep Diary project. In fact, you should probably record your sleep data for a couple of nights just in case you do have to switch. Handout 7-8 (attached below on p.4) gives some suggestions and strategies for how to recover dreams. Try them if you really want to do this project rather than the Sleep Diary, but are worried that you will not remember your dreams.

Students choosing this option should keep a regular journal over the next 7-10 days in which they try to capture an average of one dream a night.  There may be nights in which you do not remember any dreams, while on other nights, you may capture two or three (or more). Students will prepare a 3-page typed reflection paper in which they analyze their dreams.  Remember: do not write less than two pages or more than four pages.

Students should also turn in their entire journal, or self-selected and censored pages from their journal. Your journal may be handwritten, but if your night-time scribble is illegible, please type or re-write your journal entry so that I can read it.  If you capture dreams that are overtly sexual, you should **NOT** share details of these dreams with me. Please staple your written paper on top of the pages from the dream journal. I will read your journal entries before reading your self-analysis. Please know that I will read every journal entry that you submit, so if you do not want me to read one of your entries, do not turn it in. At a minimum, though, submit each journal entry that you wind up writing about in your self-analysis.



