**States of Consciousness Unit Project**

*Due: Day 8*

**Purpose​:** This project will allow you to demonstrate mastery of material from the States of Consciousness Unit. Particularly, you will show that you can use relevant psychological theory and research to analyze data that you gathered about your own sleep (or dreaming) habits. **Procedure​:**

Step 1: Record EITHER your SLEEP HABITS OR your DREAMS for **5 or more consecutive nights​.**

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| --- | --- | --- |
|  | **Low Tech Option** | **High Tech Option** |
| **SLEEP HABITS** | Use the handout | Download the (free) Sleepbot app and follow the directions. |
| **DREAMS** | Use the handout | Download the (free) Dreamboard app and follow the directions. |

Note: For ALL options, please be aware that you can choose what pieces of information you ultimately choose to share with me. These initial records are for your use only, and I respect your privacy.

Step 2: In a single­-page(1) response, **evaluate your results using relevant psychological research and theory.**​ How you accomplish this will depend to some degree on what you chose to monitor and your results. For example, you might wish to consider:

● Are my results consistent with what researchers have found about typical sleep/dream patterns (i.e., normal)? Or, could you argue that they are unusual? Why?

● [Sleep habits] Are my sleep habits “good,” given recommendations for optimal sleep hygiene? Are they poor? Why?

● [Dreams] Which dream theory (or theories) seem to best explain the patterns you observed? Why?

Your response MUST include:

● A **thesis statement​**(Claim) that organizes your ideas. Complex thesis statements > simple thesis statements.

● **Evidence**​ to support your claim. This includes:

○ Data and/or specific examples from your recordings/log entries.

○ Information from your textbook about sleep/dreams research and/or theory.

● **Reasoning** ​that shows a connection or relationship between your claim and the evidence you have provided.

Other notes:

● An intro and conclusion are needed (as they are in most academic writing tasks).

● You may use first ­person language for this writing assignment, even though that’s usually a no­no in academic writing. You are writing about yourself, so it would be awkward to use third­ person.

● You may need to consult sources other than your text for this assignment. However, if you choose to use other sources of information, they must be credible research-­based websites, like the website of the National Sleep Foundation (NSF), and you must provide citations for the information you include. CAUTION: THERE IS A LOT OF GARBAGE REGARDING SLEEP (AND ESPECIALLY DREAMS) ON THE INTERNET. That’s why I am requiring that you stick to your text or the NSF website.

● Please PRINT a hard copy of your written response to submit on Day 8. It is NOT necessary to attach copies of your sleep logs/journal entries. However, please save them until you receive your grade on the project. Although you will still be in charge of what you share, I may ask you to provide me with enough evidence to verify that you did complete the data collection step (if I have concerns about that after reading your paper). ​

(1) Single-­spaced? Double­-spaced? One-­sided page or two­-sided? YOU decide how much is needed to defend your thesis