

Open Your Class With This Tomorrow
GRUNT: The Curious Science of Humans at War

How Awake Are You?

Healthy Sleep from the Harvard Medical School and WGBH Foundation
<http://healthysleep.med.harvard.edu>

The Impact of Sleep Deprivation

Sleep deprivation is a serious condition that may lead to many health disorders such as obesity, diabetes, poor cardiovascular health, and a decreased ability to fight off illness or disease. Lack of sleep can interfere with physical and cognitive tasks during the day, and long-term sleep deprivation is associated with a shorter lifespan. Less than 5 hours of sleep can significantly reduce daytime functioning.

Activity

This activity is intended to test your reaction time in a driving simulation. Those who are sleep deprived find it more difficult to concentrate on tasks such as driving and may not be able to avoid objects in the roadway as well as if they had an adequate amount of sleep. The simulation will last for 5 minutes; please complete the activity for the entire 5 minutes to receive a result.

Directions: Click on the link below

<http://healthysleep.med.harvard.edu/need-sleep/whats-in-it-for-you/how-awake-are-you>

Read the instructions under the video before you begin. You will be asked to enter how much sleep you had last night as well how long you have been awake and the time of the day you are completing the simulation. Press the space bar to begin the simulation and to avoid objects presented in the roadway.

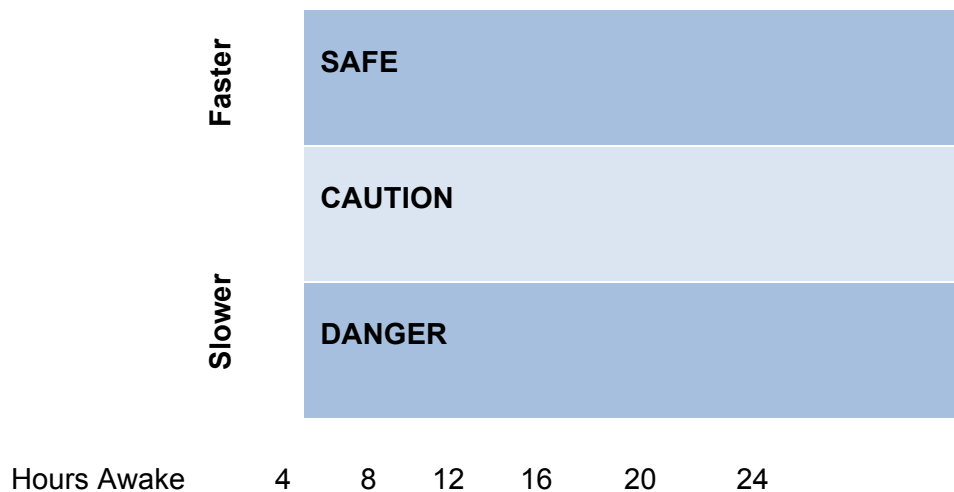
Results: Indicate your results below

Average Reaction Time _____

Accidents _____

False Starts _____

Plot your results on the graph below



Books For Psychology Class

<http://booksforpsychologyclass.weebly.com/>