

Disruptions in circadian rhythms and sleep deprivation pose several hazards to humans. Use the [sleep deprivation assessment questionnaire](#) to evaluate if you are sleep deprived. Save the results.

Use your textbook, *Visualizing Psychology*, this module's lesson, the ITT Tech Virtual Library, and the Wiley Media site to explain the results and answer the following:

- Describe how circadian rhythms are associated with sleep deprivation.
- Do you agree or disagree with the results of your sleep deprivation assessment. Why or why not?
- If you were sleep deprived, what steps would you take to get better quality of sleep? Alternatively, if you are not sleep deprived, what techniques allow you to get quality sleep most nights of the week?
- Cite all sources used in the APA format, including at least three in-text citations from each source and a References page.

**Submission Requirements:**

Submit your responses in a Microsoft Word document of the following specifications:

- Font: Arial, Size: 12 point
- Line Spacing: Double
- Length: 700 words
- Citation Style: APA. Refer to the sample APA title page given in the handout titled "[APA Title Page Format.](#)"

**Evaluation Criteria:**

Your submission will be evaluated against the following criteria using the [research rubric](#):

- Did you describe the connection between circadian rhythms and sleep deprivation?
- Did you take the sleep deprivation assessment and report the results?
- Did you provide an explanation of the results and enumerated techniques to improve sleep quality and quantity?
- Did you find a minimum of three credible sources?
- Do you incorporate helpful information from each of the sources?
- Did you cite the sources correctly, using APA format?
- Does your assignment meet the minimum word requirement (700 words)?