



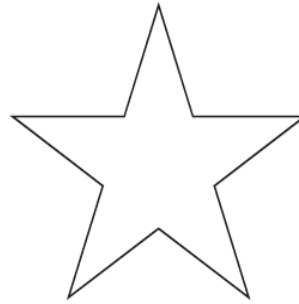
Applying Psychology



Sleep Deprivation

Take the following test to determine whether you are sleep deprived.

Part 1 Set up a small mirror next to the text and see if you can trace the black star pictured here, using your nondominant hand while watching your hand in the mirror. The task is difficult, and sleep-deprived people typically make many errors. If you are not sleep deprived, it may be difficult to trace the star, but you'll probably trace it accurately.



Part 2 Give yourself one point each time you answer yes to the following:

- | | |
|---|--|
| <input type="checkbox"/> 1. I generally need an alarm clock or my cell phone alarm to wake up in the morning. | <input type="checkbox"/> 9. My friends often tell me I'm less moody and irritable when I've had enough sleep. |
| <input type="checkbox"/> 2. I have a hard time getting out of bed in the morning. | <input type="checkbox"/> 10. I tend to get colds and infections, especially around final exams. |
| <input type="checkbox"/> 3. I try to only take late morning or early afternoon college classes because it's so hard to wake up early. | <input type="checkbox"/> 11. When I get in bed at night, I generally fall asleep within four minutes. |
| <input type="checkbox"/> 4. People often tell me that I look tired and sleepy. | <input type="checkbox"/> 12. I try to catch up on my sleep debt by sleeping as long as possible on the weekends. |
| <input type="checkbox"/> 5. I often struggle to stay awake during class, especially in warm rooms. | |
| <input type="checkbox"/> 6. I find it hard to concentrate and often nod off while I'm studying. | |
| <input type="checkbox"/> 7. I often feel sluggish and sleepy in the afternoon. | |
| <input type="checkbox"/> 8. I need several cups of coffee or other energy drinks to make it through the day. | |

Sources: Kaida et al., 2008; Mathis & Hess, 2009; National Sleep Foundation, 2012; Smith, Robinson, & Segal, 2012; Winerman, 2004.