



Applying Psychology

THE PLANNER

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:

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

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

