

Sleep and Sleep Deprivation — Practice Worksheet

This worksheet covers the purpose of sleep, the sleep-wake cycle, sleep deprivation, and the He et al. (2020) study.

Part A — Purpose and the sleep-wake cycle

Q1. Provide a psychological definition for the term 'sleep'. *(1 mark)*

Q2. State one purpose of sleep according to each perspective:

(i) Evolutionary: _____

(ii) Restorative: _____

(2 marks)

Q3. Identify the stage of the sleep-wake cycle responsible for the majority of dreaming and state four characteristics of that stage. *(5 marks)*

Part B — Sleep deprivation

Q4. Define 'sleep deprivation' and distinguish between partial and chronic sleep deprivation. *(4 marks)*

Q5. Identify and explain two causes of sleep deprivation for a person who has just started shift work in a noisy apartment. *(6 marks)*

Part C — Sleep hygiene and research

Q6. State the aim, sample and key finding of the study by He et al. (2020). *(5 marks)*

Sleep is a circadian rhythm of NREM and REM stages; deprivation (partial or chronic) has acute effects (mood, attention, reflex, vision) and chronic effects (heart disease, obesity, insomnia, anxiety); good sleep hygiene — including managing device use — can help.