PSYCHOLOGY Name:

SLEEP EXPERIMENT #1 – FOLLOW-UP

1. During class on Monday, did you FALL ASLEEP or REST? Was it a deep sleep or fitful sleep (kept waking up every few minutes)?
2. Did you notice any difference in the rest of your day – more rested? Harder to concentrate?

READ [SIESTA FACTS](http://mrfarshtey.net/Psychology/SiestaFacts.docx)

1. In Spain and some other countries, there is the tradition of a *siesta* or *power nap*. IF WE COULD (AND I DON’T THINK IT IS POSSIBLE), should we convince Mr. Leyden that we should have NAP TIME in our daily schedule? What reasons could we give for adding it?