

AP Psychology

States of Consciousness Sleep & Dreams Assignment

You are to work in pairs to create a brochure about Sleep. Your brochure must include information about the following:

- Descriptions of each of the stages of sleep (use both Stages 1-4, REM, and NREM stages)
- The Sleep Cycles
- The functions of sleep
- The results of sleep deprivation
- Sleep Disorders
- Function of Dreams
 - Freud's Wish Fulfillment
 - Information Processing
 - Activation-Synthesis Theory
 - Cognitive Development Theory
- One summary of **current** research findings about sleep; must be from an acceptable source (academic/research journal)
- All relevant vocabulary terms

Because this is a brochure, your end-product should include some visual information (graphs, charts, photos, etc) and should be presented in a using good design principals. Presentation always counts, but your brochure can be digital or done by hand if done neatly.

In addition to your book, you should use the many resources available online, but do be careful that you are only utilizing reliable sources. If you have a question about the reliability of any website, feel free to ask about it. Also, remember to cite your sources! Any resource you use must be cited. Cutting and pasting is also unacceptable. Any plagiarism will result in a grade of zero.