

Module 4: Sleeping and Dreaming

Authentic Assessment: Consequences of Sleeping Research Guide

Using the research resources listed below, research the mental, physical, and psychological consequences of not receiving adequate sleep. Make sure you cite the source where you found each piece of information. The number of facts you choose for each consequence is your choice. This research guide is to help you stay organized.

Research Resources:

- [National Sleep Foundation](#)
- [Adolescent Sleep](#)
- [Adolescent Sleep Deprivation Review](#)
- [Center for Advancing Health](#)

<p style="text-align: center;">Mental Consequences</p> <p>Fact 1:</p> <p style="text-align: center;"><i>Source 1:</i></p> <p>Fact 2:</p> <p style="text-align: center;"><i>Source 2:</i></p> <p>Fact 3:</p> <p style="text-align: center;"><i>Source 3:</i></p>	<p style="text-align: center;">Physical Consequences</p> <p>Fact 1:</p> <p style="text-align: center;"><i>Source 1:</i></p> <p>Fact 2:</p> <p style="text-align: center;"><i>Source 2:</i></p> <p>Fact 3:</p> <p style="text-align: center;"><i>Source 3:</i></p>
<p style="text-align: center;">Psychological Consequences</p> <p>Fact 1:</p> <p style="text-align: center;"><i>Source 1:</i></p> <p>Fact 2:</p> <p style="text-align: center;"><i>Source 2:</i></p> <p>Fact 3:</p> <p style="text-align: center;"><i>Source 3:</i></p>	<p style="text-align: center;">Additional Relevant Information</p> <p>Fact 1:</p> <p style="text-align: center;"><i>Source 1:</i></p> <p>Fact 2:</p> <p style="text-align: center;"><i>Source 2:</i></p> <p>Fact 3:</p> <p style="text-align: center;"><i>Source 3:</i></p>