### Fact or Falsehood?

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<tr>
<td><strong>TF</strong></td>
<td>1. Much of our everyday thinking, feeling, and acting operates outside our conscious awareness.</td>
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<td><strong>TF</strong></td>
<td>2. Allowed to sleep unhindered, most adults will sleep at least 9 hours a night.</td>
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<td><strong>TF</strong></td>
<td>3. People who sleep 7 to 8 hours a night tend to outlive those who are chronically sleep-deprived.</td>
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<td><strong>TF</strong></td>
<td>4. Sleeping pills are the most effective treatment for insomnia.</td>
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<td><strong>TF</strong></td>
<td>5. The most common dreams are those with sexual imagery.</td>
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<td><strong>TF</strong></td>
<td>6. Most psychologists believe that dreams provide a key to understanding our inner conflicts.</td>
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<td><strong>TF</strong></td>
<td>7. Under hypnosis, some people can recover accurate memories as far back as birth.</td>
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<td><strong>TF</strong></td>
<td>8. Under hypnosis, people can be induced to perform an apparently dangerous act.</td>
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<td><strong>TF</strong></td>
<td>9. Those given morphine to control pain often become addicted to the drug.</td>
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<tr>
<td><strong>TF</strong></td>
<td>10. In large amounts, alcohol is a depressant; in small amounts, it is a stimulant.</td>
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The Revised Sleep and Dream Information Questionnaire

Respond to each of the following items by circling “T” for true or “F” for false.

1. When people sleepwalk, they are experiencing a dream that they are walking.
2. The term “night terrors” refers to extremely scary nightmares.
3. Melatonin is an effective treatment for a number of sleep-related problems.
4. Dreaming occurs only in a stage of sleep referred to as REM sleep.
5. Most people report dreaming in black and white.
6. Adults dream more than children.
7. Some people require as few as 4 hours of sleep a night to feel well rested.
8. Most scientists believe all humans dream.
9. More than half of American adults have suffered from insomnia in the past year.
10. During sleep your body rests.
11. Some people suffer from attacks of sleep during the day.
12. Barbiturates can induce a sleep that is just like natural sleep.
13. Over-the-counter (OTC) medications are effective in treating sleep problems such as insomnia.
14. Bedwetting (enuresis) is usually due to the effects of dream content.
15. Although in most people REM sleep is associated with muscle paralysis, some people actually act out their dreams during REM sleep.
16. Memory consolidation is a primary function of REM sleep.
17. An animal’s size is a key determinant of the amount of time the animal sleeps.
18. A campaign called “Back to Sleep” has led to a significant reduction in deaths due to sudden infant death syndrome (SIDS).
19. Snoring can be a symptom of a serious medical condition.
20. Fetuses as young as 30 weeks begin to show brain activity consistent with REM sleep.

The National Sleep Foundation’s Sleep IQ Test

Answer true or false to each of the following statements:

1. During sleep, your brain rests.  
2. You cannot learn to function normally with one or two fewer hours of sleep than you need.  
3. Boredom makes you feel sleepy, even if you have had enough sleep.  
4. Resting in bed with your eyes closed cannot satisfy your body’s need for sleep.  
5. Snoring is not harmful as long as it doesn’t disturb others or wake you up.  
7. The older you get, the fewer hours of sleep you need.  
8. Most people don’t know when they are sleepy.  
9. Raising the volume of your radio will help you stay awake while driving.  
10. Sleep disorders are mainly due to worry or psychological problems.  
11. The human body never adjusts to night shift work.  
12. Most sleep disorders go away, even without treatment.

Source: Used with permission of the National Sleep Foundation. For further information see www.sleepfoundation.org.
Handout 5-4

Sleep Diary

Date ________________

Complete after awakening:
Time you went to bed ______________
Time you fell asleep ______________
Time you woke up ______________
Number of times awakened during the night ______________
Amount of time awake during the night ______________

Total Nighttime Sleep ______________
Comments on quality of night’s sleep:

__________________________

Did you feel groggy after getting up in the morning? Yes _____ No _____
If yes, for how long? ______________

Complete at the end of the day:

Naps:
Time fell asleep ______________
Time woke ______________

Total Nap Time ______________
Comments on quality of naps:

__________________________

Using the Stanford Sleepiness scale below, note your alertness during the day.

1. Feeling active, vital, alert, wide awake
2. Functioning at a high level, not at peak
3. Relaxed, not full alertness, responsive
4. A little foggy, not at peak, let down
5. Fogginess, losing interest, slowed down
6. Sleepiness, prefer to be lying down
7. Almost in a reverie, hard to stay awake

How was your overall sleepiness/alertness today (1-7)? ______________

Other comments on mental and physical:

__________________________

A Morningness–Eveningness Questionnaire

Instructions: For the time lines, place an “X” on the tic mark that reflects the time you choose. For all other items, mark your answer with an “X” on the appropriate line.

1. Considering only your own “feeling best” rhythm, at what time would you get up if you were entirely free to plan your day?

![Time Line AM]

2. Considering only your own “feeling best” rhythm, at what time would you go to bed if you were entirely free to plan your day?

![Time Line PM]

3. If there is a specific time at which you have to get up in the morning, to what extent are you dependent upon being woken up by an alarm clock?

Not at all dependent.............  ____ 4
Slightly dependent...............  ____ 3
Fairly dependent..................  ____ 2
Very dependent....................  ____ 1

4. Assuming adequate environmental conditions, how easy do you find getting up in the morning?

Not at all easy.....................  ____ 1
Not very easy......................  ____ 2
Fairly easy.........................  ____ 3
Very easy............................  ____ 4

5. How alert do you feel during the first half-hour after having woken in the mornings?

Not at all alert......................  ____ 1
Slightly alert.......................  ____ 2
Fairly alert.........................  ____ 3
Very alert...........................  ____ 4

6. How is your appetite during the first half-hour after having woken in the morning?

Very poor...........................  ____ 1
Fairly poor..........................  ____ 2
Fairly good..........................  ____ 3
Very good............................  ____ 4

7. During the first half-hour after having woken in the morning, how tired do you feel?

Very tired...........................  ____ 1
Fairly tired...........................  ____ 2
Fairly refreshed.....................  ____ 3
Very refreshed......................  ____ 4

8. When you have no commitments the next day, at what time do you go to bed compared to your usual bedtime?

Seldom or never later.............  ____ 4
Less than one hour later...........  ____ 3
1–2 hours later......................  ____ 2
More than two hours later......  ____ 1
HANDOUT 5–5 (continued)

9. You have decided to engage in some physical exercise. Would be in good form........... 4
A friend suggests that you do this one hour twice a week, Would be in reasonable form..... 3
and the best time for him is between 7:00 and 8:00 AM. Would find it difficult.............. 2
Bearing in mind nothing else but your own “feeling best” Would find it very difficult....... 1
rhythm, how do you think you would perform?

10. At what time in the evening do you feel tired and as a result in need of sleep?

11. You wish to be at your peak performance for a test which

you know is going to be mentally exhausting and lasting

for two hours. You are entirely free to plan your day and

considering only your own “feeling best” rhythm, which

ONE of the four testing times would you choose?

12. If you went to bed at 11:00 PM, at what level of tiredness

would you be?

Not at all tired.................... 0
A little tired.................... 2
Fairly tired..................... 3
Very tired..................... 5

13. For some reason you have gone to bed several hours

later than usual, but there is no need to get up at

any particular time the next morning. Which

ONE of the following events are you most likely
to experience?

Will wake up at usual time and will NOT fall asleep........... 4
Will wake up at usual time and will doze thereafter........... 3
Will wake up at usual time but will fall asleep again.......... 2
Will NOT wake up until later than usual......................... 1

14. One night you have to remain awake between

4:00 and 6:00 AM in order to carry out a night

watch. You have no commitments the next
day. Which ONE of the following alternatives

will suit you best?

Would NOT go to bed until watch was over....................... 1
Would take a nap before and sleep after....................... 2
Would take a good sleep before and nap after.............. 3
Would take ALL sleep before watch.............................. 4

15. You have to do two hours of hard physical work.

You are entirely free to plan your day. Considering

only your own “feeling best” rhythm, which ONE

of the following times would you choose?

8:00–10:00 AM...................... 4
11:00–1:00 AM..................... 3
3:00–5:00 PM....................... 2
7:00–9:00 PM....................... 1

16. You have decided to engage in hard physical exercise.

A friend suggests that you do this one hour twice a week,

and the best time for him is between 10:00 and 11:00 PM.

Bearing in mind nothing else but your own “feeling best”
rhythm, how do you think you would perform?

Would be in good form........... 1
Would be in reasonable form... 3
Would find it difficult............ 3
Would find it very difficult...... 4
17. Suppose that you can choose your own work hours. Assume that you worked a FIVE-hour day (including breaks) and that your job was interesting and paid by results. Which FIVE CONSECUTIVE HOURS would you select?

18. At what time of the day do you think that you reach your “feeling best” peak?

19. One hears about “morning” and “evening” types of people. Which ONE of these types do you consider yourself to be?

Source: “A Morningness-Eveningness Questionnaire” from INTERNATIONAL JOURNAL OF CHRONOBIOLOGY
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### Am I Sleep Deprived?

Respond to each of the following items by circling “T” for true or “F” for false.

|   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| T | F | 1. I need an alarm clock in order to wake up at the appropriate time.
| T | F | 2. It’s a struggle for me to get out of bed in the morning.
| T | F | 3. Weekday mornings I hit the snooze button several times to get more sleep.
| T | F | 4. I feel tired, irritable, and stressed-out during the week.
| T | F | 5. I have trouble concentrating and remembering.
| T | F | 6. I feel slow with critical thinking, problem solving, and being creative.
| T | F | 7. I often fall asleep watching TV.
| T | F | 8. I often fall asleep in boring meetings or classes or in warm rooms.
| T | F | 9. I often fall asleep after heavy meals.
| T | F | 10. I often fall asleep while relaxing after dinner.
| T | F | 11. I often fall asleep within five minutes of getting into bed.
| T | F | 12. I often feel drowsy while driving.
| T | F | 13. I often sleep extra hours on weekend mornings.
| T | F | 14. I often need a nap to get through the day.
| T | F | 15. I have dark circles around my eyes.

Source: Reprinted by permission of Dr. James Maas, Cornell University.
The Epworth Sleepiness Scale is used to determine your level of daytime sleepiness. Use the following scale to choose the most appropriate number for each situation:

- **0** = would never doze or sleep
- **1** = slight chance of dozing or sleeping
- **2** = moderate chance of dozing or sleeping
- **3** = high chance of dozing or sleeping

<table>
<thead>
<tr>
<th>Situation</th>
<th>Chance of Dozing or Sleeping</th>
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<tr>
<td>Sitting and reading</td>
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<tr>
<td>Watching TV</td>
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<tr>
<td>Sitting inactive in a public place</td>
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<tr>
<td>Being a passenger in a motor vehicle for an hour or more</td>
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<tr>
<td>Lying down in the afternoon</td>
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<tr>
<td>Sitting and talking to someone</td>
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<tr>
<td>Sitting quietly after lunch</td>
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<tr>
<td>Stopped for a few minutes in traffic while driving</td>
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<tr>
<td>Total score (add the numbers)</td>
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Name ____________________________ Period __________ Date _________________

HANDOUT 5–8

How Good Are My Sleep Strategies?

Please circle T or F for true or false for the following statements.

T  F  1. I go to bed at different times during the week and on weekends, depending on my schedule and social life.
T  F  2. I get up at different times during the week and on weekends, depending on my schedule and social life.
T  F  3. My bedroom is warm or often noisy.
T  F  4. I never rotate or flip my mattress.
T  F  5. I have caffeinated coffee, tea, energy drinks, colas, or chocolate after 6 P.M.
T  F  6. I do not exercise on a regular basis.
T  F  7. I smoke.
T  F  8. I regularly take over-the-counter or prescription medication to help me sleep.
T  F  9. When I cannot fall asleep or remain asleep I stay in bed and try harder.
T  F  10. I often read frightening or troubling books or newspaper articles right before bedtime.
T  F  11. I do homework or watch the news in bed just before turning out the lights.

What Is the Stuff Dreams Are Made Of?

1. Do you remember your dreams?
   yes ___    no _______

2. Can you control what you dream about?
   yes ___    no _______

3. Have you ever died in a dream?
   yes ___    no _______

4. Do you have a recurring dream?
   yes ___    no _______
   What is it? ____________________________________________________________
   ____________________________________________________________
   ____________________________________________________________

5. Do you ever dream about celebrities?
   yes ___    no _______
   Who? ____________________________________________________________

Remembering Your Dreams

1. Place a pen and pad (or tape recorder) next to your bed before retiring.

2. Make sure the light switch can be easily reached or place a flashlight by your bedside.

3. Before you fall asleep tell yourself several times, “I’m going to wake up after a dream.”

4. When you do awaken, keep your eyes closed and run through the dream until it is fixed in your mind.

5. Gently sit up, turn on the light, and record your dream. Include whatever information you can remember about the:
   a. Setting (e.g., indoors or outdoors)
   b. Characters (e.g., relatives, friends, strangers)
   c. Nature of the interaction (e.g., friendly, aggressive, sexual)
   d. Activities (e.g., running, climbing, speaking)
   e. Outcome (e.g., success, failure)
   f. Emotions (e.g., fear, happiness, confusion)
   g. Relationship of the dream to the previous day’s events or to the next day’s planned activities

6. If telling yourself to wake up after a dream fails to improve recall, you may want to try the alarm-clock method. Set a relatively quiet alarm for 2 hours after you usually fall asleep and for every 2 hours thereafter. You are likely to catch at least two dreams this way. Or, set the alarm for 15 minutes before you normally get up. Since dreams often occur then, there’s a good chance you will recall one.
Creative Problem Solving

Problem 1: The letters O, T, T, F . . . form the beginning of an infinite sequence. Find a simple rule for determining any or all successive letters. According to your rule, what would be the next two letters of the sequence?

Problem 2: Consider the letters H, I, J, K, L, M, N, O. The solution to this problem is one word. What is this word?

Problem 3: The numbers 8, 5, 4, 9, 1, 7, 6, 3, 2 form a sequence. How are these numbers ordered?
Attitudes Toward Hypnosis

Respond to each of the following statements using a scale from 1 = not at all true to 7 = very true.

____ 1. I find the whole idea of being hypnotized an attractive prospect.
____ 2. I would like to become deeply hypnotized.
____ 3. I would not mind being known as someone who can be deeply hypnotized.
____ 4. I am totally open to being hypnotized.
____ 5. One’s ability to be hypnotized is a sign of creativity and inner strength.
____ 6. I wonder about the mental stability of those who become deeply hypnotized.
____ 7. Those who are easily hypnotized are weak people.
____ 8. Those who can become deeply hypnotized are as normal and well adjusted as anyone.
____ 9. Intelligent people are the least likely to get hypnotized.
____ 10. I have some apprehensions about hypnosis and being hypnotized.
____ 11. If someone attempted to hypnotize me, I would tend to hold myself back rather than let myself get carried away by the process.
____ 12. I’m not afraid of being hypnotized.
____ 13. I am wary about becoming hypnotized because it means giving up my free will to the hypnotist.
____ 14. A deeply hypnotized person is robotlike and goes along automatically with whatever the hypnotist suggests.

An Addiction Simulation

Purpose
This exercise is intended to give you a safe, effective, first-hand experience with some of the biological, psychological, and sociological aspects of drug addiction. The more seriously you follow the rules of the simulation, the more likely you are to experience some of the thoughts and feelings of addiction. Participation is voluntary and you may choose to end your involvement at any time. And even if you cannot be involved for 48 consecutive hours, try to satisfy your craving for ice cubes whenever possible.

Method
For the 48 hours of this simulation you will be suffering from an addiction. Your drug of choice will be “EYSKUBE” (frozen water). You used to just dabble with the simpler forms of water (liquid), but now you NEED the “hard stuff.”

For 48 hours abide by the following rules:

1. Given that your craving for EYSKUBE is incredibly strong, the only way to satisfy this need is to put it (ice cubes) in EVERY SINGLE LIQUID SUBSTANCE YOU CONSUME during the 48 hours. That is, whether you are drinking soda, milk, coffee, cocoa, etc., you must have EYSKUBE in it to keep from going into withdrawal. Even water from the drinking fountain or a drink when you wake up during the night must have an accompanying dose of EYSKUBE. Obviously, this will take a lot of advance planning. No drinking without EYSKUBE. If you don't have EYSKUBE, you can’t drink and you will eventually start to experience withdrawal symptoms (first symptom is usually dry mouth and thirst, but there may be others). If you are really serious about this simulation, you can kick it up a notch by requiring that EYESKUBE be tinted (e.g., ONLY red EYSKUBE or blue EYSKUBE can be used). After all, with a real drug addiction, you would only be able to buy your drug at certain spots. You'd have to plan your life around finding your dealer on a regular basis. Being addicted to tinted EYSKUBE means you are going to have to plan how to have access to that special red or blue A drug@ every time you want to drink during the day. Will you keep a stash in a cooler in your car or backpack? Or will a friend be your dealer and you’ll have to keep touching base with him or her to get your stuff? Also, addictive drugs like cocaine or heroin are not something you would usually want to be seen with at school or on the job; you would have to hide your drug. Making EYESKUBE colored means you’ll have to do a better job of hiding it or folks will surely ask you why you have a blue cube in your beer.

2. You must not talk to anyone outside of the EYSKUBE culture (our class) about your situation for the 48 hours. The only people who know about your addiction are other EYSKUBE addicts or dealers. Society condemns dependence on EYSKUBE. You could be expelled, fired, ostracized, or arrested if your addictive use of EYSKUBE is discovered. If they notice your behavior is unusual, do not tell them it is a simulation or class project. Deception is part of the life of most addicts. To put yourself in the role of the addict you are going to have to deceive friends, family, employers—come up with some excuse for your behavior other than the truth—just like addicts would probably lie about why they have a syringe, or needle tracks, or that glassine bag full of white powder.

3. No one should see you adding your drug (EYSKUBE) to your drinks. Think of it as your way of “shooting up” - you wouldn’t do that in public. You must be discrete and secretive. Sometimes you may have to slip into the restroom to administer EYSKUBE to your beverage without being noticed.

4. A hospital bracelet (other odd non-jewelry, perhaps masking tape or string) must be worn on your body for the duration of the exercise. This is a sign of your EYSKUBE addiction (like needle tracks) that is a social disgrace and something more you should conceal. You also might find it an annoyance (like the runny nose or infected injection sites other types of addicts might experience). You should try to keep those outside the EYSKUBE culture from noticing this sign or they might ask embarrassing questions and then you would probably have to make up some story to hide your addiction.
5. An hourly log must be kept every waking hour during the exercise. This log is meant to simulate the obsession, involvement, and regular attention common to many addictions. Preoccupation with the abused substance can seep into every waking hour. You may not be experiencing the intense withdrawal symptoms that keep getting their drug on the minds of addicts, but with the log we are trying to make you think about your drug every waking hour of the day. In your log each hour record:

A. When do you expect you will be getting your next dose of EYSKUBE? (remember—no drinks without EYSKUBE)
B. Where will you be obtaining your EYSKUBE?
C. Any particular difficulties, feelings, reactions you are experiencing

6. This is only a simulation. No laws or morals should be broken to fulfill the requirements of the simulation. If the simulation, for any reason, gets too intense, you may terminate it, but I would appreciate it if you would share the reason why you stopped the simulation in your write-up.

7. Turn in your hourly log as well as a write-up of your experiences and your reaction to the simulation.

In what ways, if any, do you think you felt like or had experiences like or behaved like an addict? How did you like having to alter many of your daily activities to accommodate your addiction? What was the hardest part of the simulation? Given that real psychoactive substances could not be used, are there other things that would make the simulation more realistic and effective?

Source: Adapted from an exercise by Linda Walsh based on an exercise originally prepared by Todd Campbell.
The Internet Addiction Test

In answering the following questions, only consider the time you spent online for nonacademic or non-job-related purposes. Answer the questions below using the following scale:

1 = Rarely
2 = Occasionally
3 = Frequently
4 = Often
5 = Always

How often do you find that you stay online longer than you intended?
How often do you neglect household chores to spend more time online?
How often do you prefer the excitement of the Internet to intimacy with your girlfriend (boyfriend)?
How often do you form new relationships with fellow online users?
How often do others in your life complain to you about the amount of time you spend online?
How often do your grades or schoolwork suffer because of the amount of time you spend online?
How often do you check your e-mail or social networking site before something else that you need to do?
How often does your job performance or productivity suffer because of the Internet?
How often do you become defensive or secretive when anyone asks you what you do online?
How often do you block disturbing thoughts about your life with soothing thoughts of the Internet?
How often do you find yourself anticipating when you will go online again?
How often do you fear that life without the Internet would be boring, empty, and joyless?
How often do you snap, yell, or act annoyed if someone bothers you while you are online?
How often do you lose sleep due to late-night log-ins?
How often do you feel preoccupied with the Internet when off line, or fantasize about being online?
How often do you find yourself saying “just a few more minutes” when online?
How often do you try to cut down the amount of time you spend online and fail?
How often do you try to hide how long you’ve been online?
How often do you choose to spend more time on line over going out with others?
How often do you feel depressed, moody, or nervous when you are offline, which goes away once you are back online?

Source: K. S. Young. Caught in the Net: How to recognize the signs of internet addiction and a winning strategy for recovery. Copyright © 1998 by John Wiley & Sons, Inc. and the Center for On-line Addiction, P.O. Box 72, Branford, PA. Reprinted by permission.