

A Level Psychology *Activity 2*

The Sleep Quiz

How does a sleep study work? Sleep disorders cause many troubling symptoms that can affect one's mood, energy level, and overall health. Unfortunately, sleep disorders are notoriously underdiagnosed because they often develop gradually over time and have symptoms that are difficult to recognise.

Accurate diagnosis is necessary to enable effective treatment for sleep disorders. A sleep study provides valuable insight into the causes of a person's symptoms including which, if any, sleep disorder is present. Sleep studies are also used in people diagnosed with sleep disorders to monitor their response to treatment.

You can read more and take the quiz here:

<https://www.sleepfoundation.org/sleepstudies/how-does-a-sleep-study-work>

Next, test yourself by taking the following quiz: Are you a lark or an owl?

<https://www.huddnewcoll.ac.uk/wp-content/uploads/2024/05/A-Level-Psychology-the-Lark-Owl-Self-Test.pdf>

Once you have taken both tests, consider the following questions

1. In your opinion, which sleep test was more accurate, the lab style test or the questionnaire?
2. Explain your answer.