

Exercise ZZ ■ Sleep & Circadian Rhythms

Name: _____

Goals

1. To more deeply understand the influence of sleep or circadian rhythms more generally on some internal state or behavior that is of interest to you.

Activity

Choose a behavior or an internal psychological state that interests you. Write a short, 4-5 pp, essay where you address the following points:

- Concisely describe current understanding about how the behavior or state is affected by sleep duration or quality, or is altered under states of sleep deprivation.
- Alternatively, describe how the behavior or psychological state varies across a day, or seasonally. What are some causes of the temporal variation? What are some important consequences?

Submission details

- Submit your write-up by **2026-03-19**.
- If you work with other people, please indicate the name(s) of your co-authors in your document. You need not include them in the document file name, however.
- If you found any resources that were especially useful to you in answering these questions, please cite them.