

Name _____

HR

Please answer all of the questions below using the following answer choices: **Always** (5 days per week every day), **Sometimes** (2-4 days per week), **Occasionally** (1 day or less per week), or **Never**. Choose one answer for each question, and put a check in the corresponding circle (✓).

Before going to sleep:

Always (5-7 days per week)	Sometimes (2-4 days per week)	Occasionally (1 day or less per week)	Never
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- | | Always
(5-7 days
per week) | Sometimes
(2-4 days
per week) | Occasionally
(1 day or less
per week) | Never |
|--|----------------------------------|-------------------------------------|---|-----------------------|
| 1 I drink a caffeinated beverage three hours or less before going to bed. (Soda, coffee, tea, energy drinks, etc.) | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 2 I play video games, surf the internet, or send texts one hour or less before going to bed. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 3 I avoid going to bed even though it is time to go to sleep. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 4 I feel anxious or afraid when it is time to go to sleep. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 5 I have trouble falling asleep when I am by myself. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 6 Before I fall asleep, my legs feel uncomfortable like I can't hold them still. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

During sleep: (Please answer about behavior you have noticed yourself or behavior pointed out by a friend or family member.)

Always	Sometimes	Occasionally	Never
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- | | Always | Sometimes | Occasionally | Never |
|--|-----------------------|-----------------------|-----------------------|-----------------------|
| 7 I snore. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 8 My breath sounds as if it is getting caught in my throat. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 9 I stop breathing while I sleep. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 10 I toss and turn, or change positions often while I sleep. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 11 I sweat excessively while I sleep. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 12 I talk in my sleep. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 13 I cry out in my sleep and wake up during the night. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 14 I have scary dreams, or cry out during nightmares. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 15 I sleepwalk. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 16 My legs twitch while I sleep. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 17 I urinate in my sleep. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 18 I grind my teeth while I sleep. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

In the morning and afternoon:

Always	Sometimes	Occasionally	Never
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- | | Always | Sometimes | Occasionally | Never |
|--|-----------------------|-----------------------|-----------------------|-----------------------|
| 19 The amount of sleep I get varies each night. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 20 I feel tired or groggy when I wake up in the morning. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 21 I skip breakfast. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 22 I get sleepy during class. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 23 I fall asleep during class. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

24. I fall asleep if I sit still

Name _____

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Always (5 days a week/everyday) **Sometimes** (2-4 days a week) **Occasionally** (1 day or less a week) **Never**

Always: 3 points

Usually: 2 points

Occasionally: 1 point

Never: 0 point

1

13

2

14

3

15

4

16

5

17

6

18

Total score _____

Total score _____

7

19

8

20

9

21

10

22

11

23

12

24

Total score _____

Total score _____

Results

1. Place the correct number beside each answer (using the numbers at the top) then add score for that section

2. Add all 4 total scores. Put that number here _____

CASC Sleep Disturbance Score = Sum of the scores of 24 questions. Score ranges from 0 to 72

- Children with CASC sleep disturbance score of 18 or more is considered to have sleep problems.

CASC Scores are subdivided into four categories;

- Bedtime Problems : Q1-Q6 (6 questions)
- Sleep breathing and unstable sleep : Q7-Q12 (6 questions)
- Parasomnia and sleep movement : Q13-Q18 (6 questions)
- Daytime Problem : Q19-Q24 (6 questions)

3. Do you agree with the results? Why or why not?

ACTIVITY - Are you a night owl or an early bird?

Our bodies have an internal clock, called the circadian rhythm, that tells us when it is the best time for us to sleep, wake up, eat, do exercise, learn and a number of other things. Not everyone's body clock is the same. Some people feel their best in the morning, while other people feel their best at night. Some people can go to sleep easily early in the evening, while other people have trouble going to sleep before midnight. Understanding your body clock will help you to understand what times of the day you are more productive and what times are the best for you to sleep.

Instructions

- A. Read each question carefully
- B. Answer each question as honestly as possible. Do not go back and check your answers. Your first response is usually the right one. Answer ALL questions.

Questions

1. What time would you get up if you were entirely free to plan your day?

Time	Score (please circle)
5:00 – 6:29 am	5
6:30 – 7:44 am	4
7:45 – 9:44 am	3
9:45 – 10:59 am	2
11:00 – 11:59 am	1
Midday – 5:00 am	0

2. What time would you go to bed if you were entirely free to plan your evening?

	Score
8:00 – 8:59 pm	5
9:00 – 10:14 pm	4
10:15 pm – 12:29 am	3
12:30 – 1:44 am	2
1:45 – 2:59 am	1
3:00 am – 8:00 pm	0

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

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

4. How easy do you find it to get up in the morning (when you are not woken up unexpectedly)?

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 you wake up in the morning?

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

6. How hungry do you feel during the first half-hour after you wake up in the morning?

Not at all hungry	1
Slightly hungry	2
Fairly hungry	3
Very hungry	4

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

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

8. If you have no commitment the next day, what time would 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

9. You have decided to engage in some physical exercise. A friend suggests that you do this for one hour twice a week and the best time for him/her is between 7:00 – 8:00 am. Bearing in mind nothing but your own internal "clock", how do you think you would perform?

Would be in good form	4
Would be in reasonable form	3
Would find it difficult	2
Would find it very difficult	1

10. At what time of day do you feel you become tired as a result of need for sleep?

8:00 – 8:59 pm	5
9:00 – 10:14 pm	4
10:15 pm – 12:44 am	3
12:45 – 1:59 am	2
2:00 – 3:00 am	1

11. You want to be at your peak performance for a test that you know is going to be mentally exhausting and will last for two hours. You are entirely free to plan your day. Considering only your own internal "clock", which ONE of the four testing times would you choose?

8:00 – 10:00 am	4
11:00 am – 1:00 pm	3
3:00 – 5:00 pm	2
7:00 – 9:00 pm	1

12. If you got into bed at 11:00 pm, how tired would you be?

Not at all tired	1
A little tired	2
Fairly tired	3
Very tired	4

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 are you most likely to do?

Will wake up at usual time, but will NOT fall back 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 – 6:00 am in order to carry out a night watch. You have no commitments the next day. Which ONE of the alternatives will suite 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 sleep only before watch	4

15. You have to do two hours of hard physical work. You are entirely free to plan your day and considering only your own internal "clock" which ONE of the following times would you choose?

Time	Score
8:00 – 10:00 am	4
11:00 am – 1:00 pm	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 for one hour twice a week and the best time for him/her is between 10:00 – 11:00 pm. Bearing in mind nothing else but your own internal "clock", how well do you think you would perform?

Would be in good form	4
Would be in reasonable form	3
Would find it difficult	2
Would find it very difficult	1

17. Suppose that you can choose your school hours. Assume that you went to school for five hours per day and that school was interesting and enjoyable. Which five consecutive hours would you select?

5 hours starting between 4:00 – 7:59 am	5
5 hours starting between 8:00 – 8:59 am	4
5 hours starting between 9:00 am – 1:59 pm	3
5 hours starting between 2:00 – 4:59 pm	2
5 hours starting between 5:00 pm – 3:59 am	1

18. At what time of the day do you think that you reach your "feeling best" peak?
 Score Time (please circle)

5:00 – 7:59 am	5
8:00 – 9:59 am	4
10:00 am – 4:59 pm	3
5:00 – 9:59 pm	2
10:00 pm – 4:59 am	1

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

Definitely a "morning" type	5
Rather more a "morning" type than an "evening" type	4
Rather more an "evening" type than a "morning" type	2
Definitely an "evening" type	0

Scoring

Add up the score for all 19 questions and enter it in the box below:

Scores can range from 16-86. Scores of 41 and below indicate "evening types". Scores of 59 and above indicate "morning types". Scores between 42 and 58 indicate "intermediate types".

16-30	31-41	42-58	59-69	70-86
Definite Evening	Moderate Evening	Intermediate	Moderate Morning	Definite Morning

So what if you are an evening type, yet have to get up early to go to school? The good news is that you can re-train your body clock to fit with the times you need to go to sleep and wake up.

For more information on training your body clock go to: <http://sleephealthfoundation.org.au/factsheets-a-z/216-delayed-sleep-phase-syndrome-dsps.html>

Sleep and Dreaming Webquest

Part I: **Your Body Clock** Go to <https://www.sleephealthfoundation.org.au/body-clock.html> Read 1st paragraph. Answer first question

DSPS Go to <https://www.sleephealthfoundation.org.au/delayed-sleep-phase-syndrome-dsps.html>

Read 3 paragraphs. Answer question 2

Go to

https://www.sleephealthfoundation.org.au/pdfs/World%20Sleep%20Day/World_Sleep_Day_Presentation_Slides_-_Ages_11-18_years.pdf Scroll through the slides. Identify 3 facts you didn't know

Our body clocks run on a 24-hour cycle. Our daily rhythms known as _____
_____ regulate many body functions

Our body clocks are regulated by the hormone _____. Not having the correct amount can interfere with sleep patterns, memory and learning.

Fact 1

Fact 2

Fact 3

Part II: Go to <http://www.bbc.co.uk/science/humanbody/sleep/tmt/> This involves testing facial recognition. If the link doesn't go, look above where it says: you are here-click sleep and face memory test

What do your results say about you?



Part III: **GETTING BETTER SLEEP.** Read through the list of tips for getting better sleep from this article at the Huffington Post (http://www.huffingtonpost.com/2014/03/17/better-sleep-tips-best_n_4958036.html, or just google "Huffington Post Better Sleep Tips"). Pick the three (3) most appropriate tips you can incorporate into your own improved sleep routine that would be effective for you and list them below.

Please read all 25 before you write your 3 down.

Sleep Tip #1:

Sleep Tip #2:

Sleep Tip #3:



Part IV: **BEDTIME CALCULATOR.** You are much more likely to feel refreshed if you wake up at the end of a sleep cycle rather than having your alarm force you awake while you're in deep sleep. Go to <http://sleepyti.me/> and enter in the information requested.

Time you want to wake-up at: _____ AM

Potential times you should GET INTO BED at (list times that are 14 minutes earlier than your results show since it takes the average person that long to fall asleep):



Part V: DREAM INTERPRETATION. Sigmund Freud's "Wish Fulfillment" dream theory states that dreams have both manifest (actual storyline) and latent (underlying meaning) content. You'll analyze a dream of yours using Freud's theory and a dream dictionary website.

First, write down the most recent or vivid dream you can remember from your past. Try to be precise and include as many details as possible. This is the manifest content of your dream, according to Freud.



Next, re-read through the dream you wrote and circle any objects, people, emotions, feelings, or themes. Then, record them in the chart below on the left, look up their latent content (underlying meaning) at <http://www.dreammoods.com> (if that site doesn't work, just google "dream analysis" and try another link), and write down their supposed meanings on the right.

<u>Part of Dream</u>	<u>Latent Meaning</u> (according to website)
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Read through the combined list of your dream's latent content. Based on what you've learned, what do you think your dream "means" or is "telling you" overall? ***Keep in mind that there is no proven validity behind Freud's "Wish Fulfillment" theory or the idea of dream interpretation in general.***

Part VI (optional): MOUSE PARTY. Curious about the biology behind drug-induced states of consciousness? Try the "Mouse Party" at <http://learn.genetics.utah.edu/content/addiction/mouse/> (or just google "Mouse Party"). Experiment with the different drug-addicted mice to learn more.