***Health Psych Sleep Assignment:***

Draw a diagram of what a “good” night of sleep should look like.

Insert pictures of your two nights of sleep. How did the app rate your sleep (%):

Which of the two nights did you wake up feeling more refreshed? Did your feeling correlate with the data?

How does the data collected by the sleep app, and how you felt in the morning confirm (or not) what we know about sleep?

What shortcomings does the sleep app potentially have? Search online for this.