

Sleep Case Study

Sample							
Context of study (where the study was conducted)							
Research Method/s							
Case Study Findings							
			Hours of sleep over three days			Average no. hours spent on devices per day	Rating of restful sleep (1=poor to 5=excellent)
Participant	Age	Observations about sleep habits (use of devices, eating, stress etc.)	Day 1	Day 2	Day 3		
What advice would you give the participants about getting a better sleep?							
Answer the following questions based on your case study (use the textbook or website if needed).							
What are the symptoms of sleep onset & sleep maintenance insomnia?							
How can we describe the causes of sleep onset and sleep maintenance insomnia?							