

Week 2 Discussion: Sensation and Perception & Sleep

Required Resources

Read/review the following resources for this activity:

Initial Post Instructions

For the initial post, respond to one of the following options, and label the beginning of your post indicating either Option 1 or Option 2:

Be sure to make connections between your ideas and conclusions and the research, concepts, terms, and theory we are discussing this week.

Follow-Up Post Instructions

Respond to at least two peers or one peer and the instructor. If possible, respond to one peer who chose an option different than the one you chose. Further the dialogue by providing more information and clarification.

Writing Requirements

Grading This activity will be graded using the Discussion Grading Rubric. Please review the following link:

Course Outcomes (CO): 2

Due Date for Initial Post: By 11:59 p.m. MT on Wednesday

Textbook: Chapters 4, 5 Lesson

Option 1: Sensation and perception are two different processes. Does sensory stimulus shape our perceptions? Do our perceptions misinterpret our sensations? How does that happen? **Option 2:** What is the purpose of sleep and how is it important to your overall functioning? Complete the Sleep Debt Questionnaire and discuss your results. What can you do to improve your sleep behavior and ensure you get a good night's rest?

Minimum of 3 posts (1 initial & 2 follow-up) Minimum of 2 sources cited (assigned readings/online lessons and an outside source) APA format for in-text citations and list of references

Link (webpage): Discussion Guidelines

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Search entries or author

" Reply

Due Date for Follow-Up Posts: By 11:59 p.m. MT on Sunday

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(<https://chamberlain.instructure.com/courses/63025/users/69954>)Renee Owens (Instructor) Apr 19, 2020

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You may begin posting in this discussion forum on Monday, May 11th.

This week, you have the option of choosing which topic to focus on for your initial response. You have the option of answering questions about Sensation and Perception OR Sleep for your initial response. For your follow up response, please respond to at least ONE classmate who chose a different initial response topic than you. For example, if you chose to discuss sensation and perception for your initial response, make sure you respond to one person who chose sleep as their initial response. You must still respond to at least two classmates or one classmate and the instructor to meet your discussion requirements for the week.

Please be sure to review the discussion guidelines via the link provided above as to make sure you understand how discussions will be graded. Remember to cite all of your sources in APA format (in- text citations and list of references)

Initial response should be submitted by Wednesday, May 13th, 11:59 pm MT and discussion requirements need to be met by Sunday, May 17th, 11:59 pm MT.

Option 1: Sensation and Perception

Sensation & Perception - LessWrong 2.0

While intertwined, sensation and perception are viewed as two different process. Sensation refers to the process of the activation of neural signals in the brain by receptors in our sensory organs (Feldman, 2018). Perception is the process in which we interpret the sensations (sensory stimuli) we experience in a meaningful way to make sense of the world around us (Feldman, 2018). Without any sensations, it would be very difficult to find basic needs to sustain our lives and without perception we wouldn't be able to understand and interpret what our sensations mean.

Does sensory stimulus shape our perceptions?

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Option 2: Sleep

Sometimes our busy lives can have a negative impact on the amount of sleep we get each night. Sleep plays a vital role in our not just our physical health, but our emotional well-being as well. Studies have shown that getting a good night's sleep can improve learning, problem solving skills, attention spans and promote creativity (National Heart, Lung and Blood Institute, n.d.). Sleep deficiency can alter activity in some parts of the brain and result in trouble making decisions, may cause trouble with controlling your emotions and behavior and is linked to depression and risk-taking behaviors (NHLBI, n.d.).

References

Feldman, R. S. (2018). Understanding psychology (14th ed.). Dubuque: McGraw-Hill Education.

National Heart, Lung, and Blood Institute. (n.d.). Sleep deprivation and deficiency.

Do our perceptions misinterpret our sensations? How does that happen?

What is the purpose of sleep and how is it important to your overall functioning? Complete the Sleep Debt Questionnaire and discuss your results.

What can you do to improve your sleep behavior and ensure you get a good night's rest?

(<https://chamberlain.instructure.com/courses/63025/users/102994>) Alyssa Tidy
(<https://chamberlain.instructure.com/courses/63025/users/102994>) Monday

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Hello Professor and Class,

I chose option 2 for my discussion this week. I have always felt I do not get enough rest. So I feel this is an appropriate one to do.

According to the questionnaire I have a sleep debt of 16. Which according to the chart means:

16= Definitely troublesome. You are likely to feel low energy during dips in the circadian rhythm, or when you are driving or at rest.

Sleep serves multiple functions and without it we will eventually die (Feldman. 2018). My results are not entirely surprising for me. I do work late due to being a 2nd shifter. So some evenings I do not get out of work until close to midnight. I come home, eat and sometimes workout and do homework. The best thing I think I can do to get more rest is to have a bedtime routine and limit screen time. There are many studies that link screen time with TV, computers and phones to lower sleep. Using electronic devices before sleep can affect you physiologically and psychologically and adversely affect sleep (Sleep Foundation. 2020).

Another way to help me sleep better would be to try to limit my evening activities. The less stimuli the better. Maybe add some relaxing sleep sounds at bedtime to help me wind down. I have heard lavender aides people to fall asleep. There are many options and studies out there to help people get better sleep they need to function better. It is just a matter of finding the ones that will work best for me.

References

Feldman, R. S. (2018). Understanding psychology (14th ed.). Dubuque: McGraw-Hill Education.

SleepFoundation.org retrieved on May 11, 2020 from

<https://www.sleepfoundation.org/articles/why-electronics-may-stimulate-you-bed>
(<https://www.sleepfoundation.org/articles/why-electronics-may-stimulate-you-bed>)

(<https://chamberlain.instructure.com/courses/63025/users/141373>) Ganna Shvets
(<https://chamberlain.instructure.com/courses/63025/users/141373>) Tuesday

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Hello Alyssa,