

PSYCH 110N Week 2 Discussion: Sensation and Perception & Sleep

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

- **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?

Be sure to make connections between your ideas and conclusions and the research, concepts, terms,

Answer:

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?

Sensations and perceptions are two separate processes that are inextricably intertwined. The sensory inputs we receive from the outside world are referred to as sensations, and our senses identify them. Our perceptions are based on physical sensations. The input is sensed when our sensory receptors notice it.