

Assignment 8

MAS S63 Tools for Wellbeing

Due 9pm Thursday 10/30. Do not forget to include your name and email address in your submission.

Please follow the the following name convention to name your files:

<FirstNameLastName-Assignment8>. For example JohnDoe-Assignment8.pdf.

You should upload your file here: <http://bit.ly/1odvaDB>

1 READ

1. Rudoy, John D., Joel L. Voss, Carmen E. Westerberg, and Ken A. Paller. "***Strengthening individual memories by reactivating them during sleep.***" *Science* 326, no. 5956 (2009): 1079-1079.
<http://graphics8.nytimes.com/packages/pdf/science/rudoy091120.pdf>
2. Stickgold, Robert, and Matthew P. Walker. "***Sleep-dependent memory triage: evolving generalization through selective processing.***" *Nature neuroscience* 16.2 (2013): 139-145.
<http://www.nature.com/neuro/journal/v16/n2/abs/nn.3303.html>

2 PLEDGE

Sign the sleep diary honest pledge here by Monday, 10/20 7pm.

<http://goo.gl/forms/N8M2dL81yl>

3 EXERCISE 1

Watch the following video from Bob Stickgold who was here last semester:

<http://www.media.mit.edu/video/view/stickgold-2014-02-14>

Discuss three segments of this talk that you found particularly relevant or interesting. Why did you find this interesting? Also mention the start time of each segment.

4 EXERCISE 2

Maintain a sleep diary from Monday 10/20 to Thursday 10/30. You should fill in this diary in the morning on each of the aforementioned days.

1. What time did you sleep last night and how long did you take to fall asleep?
2. What time did you wake up? During the night, how many times did you wake up?
3. Did you nap yesterday? If yes, when did you start each nap and for how long?
4. When is your first scheduled academic or extracurricular event today?
5. On a rating of 1-5, indicate how you are feeling this morning:
 - a) How refreshed do you feel? (1 for Sleepy to 5 for Alert)
 - b) What is your current affect like (1 for Sad to 5 for Happy)
 - c) What is your energy level like? (1 for Sluggish to 5 for Energetic)
 - d) What is your general health like this morning? (1 for Sick to 5 for Healthy)
 - e) What is your stress level like this morning? (1 for Stressed out to 5 for Calm and relaxed)

You need not share your diary, but discuss what factors you found which impacted your sleep both positively and negatively from 10/20 to 10/30. What lessons, if any did you learn from maintaining this diary?

5 PROJECT UPDATE

Write a short 1 paragraph giving us a project update. What did you do and what is the status of the project?