Sleep Disorders Research Project

Millions of Americans are affected by sleep disorders. These disorders can range from mild annoyances to major health concerns. Either way, Americans spend millions of dollars a year to correct their conditions. You will be investigating one sleep disorder in some depth and presenting your findings.

Task: Research your chosen sleep disorder and present a summary of your findings via an essay or PowerPoint (or another medium of your choice).

Tools: Please use RELIABLE sources. One good place to start is the CDC website (https://www.cdc.gov/sleep/resources.html).

Disorder Options:
- Narcolepsy
- Insomnia
- Jet Lag
- Sleep Apnea
- Night Terrors
- Nocturnal Enuresis
- Somnambulism
- Somniloquy
- Restless Leg Syndrome
- Hypersomnolence
- Shift Work Disorder
- Nightmare Disorder
- Other (check with me for approval first)

Content Requirements:
- Definition/description of the disorder
- Symptoms of the disorder
- Prevalence (how many people have it)
- Causes of the disorder
- Treatment for the disorder

Submission Requirements:
- If writing an essay, the paper should be formatted and written appropriately with enough length to fully detail the content requirements.
- If creating a multimedia presentation, the document should be formatted aesthetically and included enough information to full detail the content requirements.

PROJECT RUBRIC

_____ / +1 point = Appropriate disorder chosen, all five required elements included and explained in-depth, appropriate presentation medium submitted