# Psychology – Week 1

<table>
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<th>ESSENTIAL QUESTION:</th>
<th>What are sleep disorders?</th>
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| PROCEDURES:        | **Day 1:** Read the article from the Cleveland Clinic and answer the questions that align with the reading.  
**Day 2:** Pick a sleep disorder and summarize it in your own words.  
**Day 3:** Directions for someone who has a sleep disorder. |
| WORK TO BE RETURNED: | **Assignment 1:** Article questions  
**Assignment 2:** Sleep Disorder Summary  
**Assignment 3:** Directions for someone who has a sleep disorder |
| RESOURCES:         | 1. ORIGINAL ARTICLE | [https://my.clevelandclinic.org/health/articles/11429-common-sleep-disorders](https://my.clevelandclinic.org/health/articles/11429-common-sleep-disorders)  
DATE PUBLISHED | March 13, 2020 |
| TIME ALLOCATED:    | 3 (20) minute lessons |