# Basic Psychology 1010 Learning Unit 2 Yawn!

Text: *Psychology, A Concise Introduction*. 6thed. Richard A. Griggs. Worth publishing. ISBN-13:978-1-319-12262-1.

This is so interesting to me!! It is something we ALL need to be aware of so we can be safer on the road.

Instructions: (Be sure to watch your spelling, punctuation and capitalization)

1. Do some research to learn what microsleep is and how it can be dangerous (or even just embarrassing!).

2.  Watch the following two videos on Youtube.

<https://www.youtube.com/watch?v=haTApXretfg>

<https://www.youtube.com/watch?v=0O8i-hEixDU>

3.  Write a paragraph detailing what you learned that microsleep is, how it can range anywhere from embarrassing to deadly and discuss in your words the content of the two videos.

4.  Share any examples of instances that this may have happened to you or someone you know.