

REPORT OF A BEHAVIORAL EXPERIMENT

Goal/Prediction	Experiment	Results	What I Learned
<p>What do I want to verify? What do I expect will happen?</p> <p>Is my belief that I cannot teach adequately after a poor night of sleep accurate/justified?</p> <p><u>Prediction:</u> Negative evaluation of my teaching after an insomnia night</p> <p><u>Underlying beliefs:</u> I am unable to function after a poor night of sleep</p>	<p>How will I test my predictions?</p> <p>Self- and student-evaluation of teaching after a good night and poor night of sleep</p> <p>Blind evaluation on a scale of 0-100</p>	<p>What actually happened? Was my prediction valid?</p> <p>Self-evaluation (0-100): Poor night: 65% Good night: 87%</p> <p>Students' evaluation: Good night: 82% Poor night: 80%</p>	<p>My perception of my daytime functioning (teaching) does not correspond entirely to my students</p> <p>It is plausible that I amplify my daytime impairment after insomnia</p> <p>It is possible to function adequately after a night of insomnia</p>