

Course: *Getting Work Done*

Ensuring Energy: *The Connection Between Sleep and Productivity*

The Spoon Test

Find Out If You Are Sleep Deprived

Dr. Nathaniel Kleitman from the University of Chicago, famously known as the “Father of Sleep Research”, created the spoon test that can be used to find out if a person is getting adequate sleep.

Here’s what you need to do to perform the test:

1. Darken your room as if to sleep during the daytime. This test has to be done during the day when you are normally engaged in activities that need you to be alert.
2. Lie down at the edge of the bed holding a metal spoon above the floor and place a metal tray on the floor, right below the spoon.
3. Note the time and close your eyes to sleep.
4. If you fall asleep, your hand will loosen its grip over the spoon and it will fall on to the tray placed below, waking you up.
5. If you do not fall asleep and drop the spoon onto the tray, check how long it took you from the time you closed your eyes as if to sleep.
6. If the time from when you closed your eyes to the time you lost your grip on the spoon is less than 5 minutes, then you are most likely ***severely sleep-deprived***.
7. If it took between 10 to 15 minutes for the spoon to fall, you may require more sleep.
8. If it took more than 15 minutes for the spoon to fall, you are probably getting adequate sleep.

We hope you enjoyed performing this test.

Happy Learning!