

Name: _____ Hour: _____

Psychology Crash Course – Sleep

- 1.) Sleep is just another state of _____
- 2.) Sleep is a _____, _____, _____ and near total loss of _____.
- 3.) We spend _____ of our lives sleeping.
- 4.) Why we sleep—3 theories:
 - I.
 - II.
 - III.
- 5.) An EEG measures _____.
- 6.) REM is a recurring _____ during which _____ commonly occur.
- 7.) Melatonin is a hormone that induces _____ and comes from the _____ gland.
- 8.) List the sleep stages in order (leave room for notes):

- 9.) The sleep cycle repeats itself every _____ minutes or so.
- 10.) Lack of sleep is terrible for your health, mental ability, and mood. It's linked to _____, _____, immune _____ and slowed _____.
- 11.) Insomnia is recurring problems in _____.
- 12.) Narcolepsy is a sleep disorder characterized by _____.

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- 13.) Major identifying characteristics of narcolepsy are:
- 14.) Sleep apnea is a sleep disorder that causes sleepers to _____.
- 15.) Night Terrors are the sudden arousal from sleep with intense fear accompanied by:
- 16.) Sleepwalking and sleep talking occur in what stage of sleep? (They both run in families, by the way!)
- 17.) What happens in REM sleep?
- 18.) What does Freud think that dreams do?
- 19.) The information processing theory proposes that our dreams help us _____ and _____ the day's events and fix them into our _____.
- 20.) The physiological function theory suggests that dreaming may promote _____ and preserve _____ by providing the brain with stimulation.
- 21.) Another theory is that dreams are part of our _____, they draw on our knowledge and understanding of the world, mimicking reality.
- 22.) Finally, some theories suggest that dreams are just accidental side-effects of _____ triggered by REM sleep.