

Name: _____

What is consciousness?

Name the 3 biological rhythms and give 1 example:

a.

ex:

b.

ex:

c.

ex:

Effects of sleep deprivation/debt:

a.

b.

c.

A large sleep debt is typical in _____.

Hypothalamus and Sleep:

- a. _____ control center
- b. Monitors _____ and _____.
- c. _____ levels of _____ in the body.

Melatonin is linked to the _____.

Name: _____

Reasons we sleep:

- a. Preservation/protection: keeps us protected from the _____.
- b. Restoration: _____ from the wear and tear of the day.

Stage 1

Function:

Time:

Stage 2

Function:

Time: 1/2 of sleep time, or _____.

Brain waves:

Stage 3

Function:

Time:

Brain waves:

REM

Recurring sleep stage during which _____ commonly occur.

Called rapid eye movement (REM Sleep) as _____.

Considered "_____ sleep"

Term coined by _____.

_____ spend the most time in REM sleep.

During REM sleep brain wave patterns are similar to when a person is _____.

Pulse and breathing _____.

REM sleep is sometimes called paradoxical sleep as one's physiology is close to that of being awake but the _____.

Dream Theories

_____ states that dreams serve an important memory-related function by _____ through the day's experiences.

Research suggests _____ helps memory storage.

_____: Neural activity during REM sleep provides periodic _____ of the brain.

_____: Dreams are the mind's attempt to make sense of random _____ in the brain as one sleeps.

_____: Dreams part of the _____ process
Dreams reflect our _____

Name: _____

Reflection of normal _____.

Sleep Disorders

_____ is recurring problems falling asleep or staying asleep.

_____ tend to _____ REM sleep; worsen the problem.

_____ suppresses REM sleep; also worsens the problem.

Studies show most people _____ how long it took them to get to sleep.

_____ rhythms are important here! Use of an _____ is necessary to recover.

_____ is a sleep disorder characterized by temporary cessations of _____ during sleep and consequent momentary reawakening.

Tend to be loud _____.

Continuous Positive Airway Pressure machine.

Typical Sufferer:

_____ is a sleep disorder characterized by uncontrollable _____.

The sufferer may lapse directly into _____, often at inopportune times.

Nervous system getting aroused tends to trigger the sleep attack.

_____ is sleepwalking, which usually starts in the deep stages of _____.

The sleepwalker can walk or talk and is able to see but rarely has any _____ of the event.

_____ of the event.

_____ are a sleep related problem characterized by high _____

_____ and an appearance of being _____.

Unlike nightmares, they occur during _____, occur within two or three hours of falling sleep, and are seldom remembered.

More likely to occur in: _____.

Name: _____