

1.5 Sleep

Circadian Rhythm-

What is circadian rhythm also known as?

What does circadian rhythm control?

How does jet lag and shift work disrupt our circadian rhythm?

Sleep-

There are _____ stages of sleep: _____

We cycle through the stages about every _____

Throughout the night less time is spent in _____,
while more time is spent in _____

NREM 1

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NREM 2

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NREM 3

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After about an hour into sleep you begin to _____
(from NREM 3, up to NREM 2, etc.). However you never return to _____
during the night. It is replaced with _____

REM Sleep

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Why is REM known as paradoxical sleep?

What is your breathing like during REM?

What is your heart rate like during REM?

What are your eyes like during REM?

How is dreaming related to REM Sleep?

What is sleep paralysis? How does it occur?

REM Rebound-

Dream-

Two Main Theories Why We Dream:

Activation-Synthesis Theory

Consolidation Theory

Sleep Disorders

Insomnia

Narcolepsy

*Sleep
Apnea*

*REM Sleep
Behavior
Disorder*

Somnambulism

