

Module 17
Waking and Sleeping Rhythms

1. How is consciousness defined today?
2. How does daydreaming affect our lives? Explain in detail.
3. Identify and explain each of the 4 biological rhythms.
4. What happens as a person ages in the circadian rhythm? What helps to get rid of jet lag? Why does this help jet lag?
5. Explain what happens in the first 4 stages of sleep. Be specific in your explanation.
6. What happens during REM sleep, specifically the genital region? How many dreams over a year, a lifetime do people typically dream during REM sleep?
7. How long do people need to sleep? Be specific. Why is there a difference between people?
8. How does sleep deprivation affect students your age? How much sleep should you be getting?
9. Can sleep deprivation cause major disasters? Support your answer.
10. What is insomnia? How can it be treated and dealt with?
11. What is narcolepsy? How can it affect every day life?
12. What is sleep apnea?
13. What are night terrors? Does this disorder last throughout a person's life?
14. What are dreams? According to Freud what is latent content?