1. Psychologists define consciousness as?

2. What happens in your brain when you first lose consciousness?

3. Samantha watched a show on television about a man who had awakened after 10 years in a coma. The man reported that he had vague memories of family gatherings and of people trying to communicate with him. His story illustrates the difficulty of defining which phenomena?

4. While under anesthesia to have her wisdom teeth pulled, Mary was unaware of her own thoughts, felt no pain, and did not hear the doctor work. Such a state illustrates the difference between which two phenomena?

5. “Consciousness is not just a change in our mental state, but it’s also a change in our physical state.” What evidence should Vera use to support the claim above?

6. Define biological rhythms, circadian rhythms, ultradian rhythms, and infradian rhythms.

7. Ryan heard a commercial for a “biorhythm chart” that was supposed to predict his good and bad days as well as his illnesses and accidents. Before pulling out his credit card to purchase one, Ryan should be reminded are a good example of what type of claim?

8. Frenchman Michel Siffre spent 2 months living in a cave with no exposure to outside light and no way to measure the time of day. Researchers studying his sleep patterns found that his “day” varied from 18 to 52 hours. Because he was not exposed to natural light, which type of rhythm was affected?

9. During the day Emma experiences periods of hunger. This is an example of which of the following biological rhythms?

10. The sleep cycles we experience are examples of \_\_\_\_\_\_\_\_ rhythms since they occur more than once per day.

11. A woman's menstrual cycle is an example of:

12. The damage of brain cells responsible for learning and memory has been linked to?

13. Lack of sleep leads to?

14. Sleep debt contributes to?

15. Traffic accident rates have been found to \_\_\_\_\_\_\_\_ after the spring change to daylight savings time and to \_\_\_\_\_\_\_\_ after the fall change back to standard time.

16. Most adolescents need about \_\_\_\_\_\_\_\_ hours of sleep per night.

17. Sleep-deprived Julie becomes ill every quarter, right after finals week. What can best explain why this occurs?

18. Which types of problems might be traced back to sleep deprivation?

19. If you compared the amount of sleep you get with the amount your grandfather got when he was a teenager, what are you likely to find?

20. For the past week, Anna has stayed up late finishing her 10-page term paper. Depriving herself of sleep may result in?

21. Jason flew from California to New York. The next morning he felt tired when his alarm rang at 8 AM. What can best explain his experience?

22. Adam works stocking shelves at the local grocery store. On his days off, he switches to his normal sleep schedule. Adam feels constantly tired and finds himself falling asleep when he is not supposed to. What is most likely the cause of Ethan's increased sleepiness?

23. Which of the following monitors light levels in controlling your 24-hour sleep rhythm?

24. The area of the brain most responsible for sleep cycles is the?

25. What hormone helps to regulate the sleep/wake cycle?

26. According to the protection theory of sleep, we sleep because?

27. The restorative theory of sleep explains that sleep does what?

28. Molly suffers from severe insomnia. What treatment may be effective in helping her get a good night's sleep?

29. If you pull an all-nighter studying for a test, the restorative theory of sleep would predict that?

30. What is an accurate list of the sleep cycles?

31. Which sleep stage rarely lasts longer than 5 minutes and if the sleeper is awakened during this time will insist they had not been sleeping?

32. During which stage of sleep does the sleeper spend up to half of his or her total sleep time?

33. Which stage is characterized by slow-wave sleep with less than one cycle per second?

34. During which of the following sleep stages does the body rejuvenate itself?

35. You nod off during your Latin class. According to sleep theory, which stage of sleep are you in just after you fall asleep?

36. The brain waves you have during REM sleep are most similar to the ones you have when you are?

37. Noah is looking over an EEG tracing of a typical night's sleep. What type of pattern is he likely to notice?

38. REM is sometimes called paradoxical sleep because?

39. People will typically report that they are dreaming if they are awakened during which stage of sleep?

40. Sigmund Freud developed one of the earliest dream theories. He suggested that dreams were?

41. Which theory suggests that dreams serve an important memory-related function by sifting through the day's experiences and tying up loose ends?

42. Research has demonstrated that REM sleep facilitates memory storage and the amount of REM sleep increases following stressful times. This evidence supports which dream theory?

43. The activation synthesis model suggests that dreams are?

44. Which theory is supported by evidence that dreams of a third grader are less dynamic and active than those of a 20-year-old?

45. Which of the dream theories would support this statement, “If you have never heard of a Native American sweat lodge, you're not going to dream about them”?

46. Evidence showing that people who spend more time in REM sleep perform better on memory tests is evidence for which of the dream theories?

47. Angie had a nightmare about being trapped in a box. She wondered if her dream might mean that she is feeling trapped at a job she dislikes. An activation synthesis theorist might caution her from drawing that conclusion from her dream because they believe that?

48. Research has demonstrated that nearly all animals show measurable REM periods while hooked to EEGs. This finding supports the idea that?

49. Insomnia is a sleep disorder characterized by?

50. Sleep apnea results in?

51. The sleep disorder narcolepsy is characterized by?

52. During a heated argument with his teenage daughter, Mr. Calhoun suddenly lapsed into a state of REM sleep. Mr. Calhoun apparently suffers from?

53. Nightmares are different from night terrors in that?

Essay

1. Your friend confides in you that she usually can't get to sleep before 2 AM, so she is only getting about three hours of sleep each night. She keeps herself awake during the day by drinking coffee. According to sleep research, what advice should you give your friend about the dangers of her sleep habits, and what she can do to change them?

2. Parents, students, and school officials are meeting to discuss changing the school bell schedule. As a student of psychology, what arguments are you most likely to make in favor of beginning school later in the day?