

# Sleep and Dreams Reading Questions

Name \_\_\_\_\_

Date \_\_\_\_\_

Period \_\_\_\_\_

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Read pages **106-112** in your chapter and answer the following questions.

## SLEEP

1. What are **circadian rhythms**?
  
2. Give an example of 2 circadian rhythms other than sleep.
  - a.
  - b.
  
3. If you place people in a situation where there are no cues that signal day or night (like clocks, TV programs, sunrise, or sunset), how many hours will the sleep-wake cycle be?
  
4. What does an **EEG** measure?
  
5. What are the **four different kinds of brain wave patterns**? Which sleep stages is each associated with?
  
6. List three facts about **Stage I** sleep.
  - a.
  - b.
  - c.
  
7. List three facts about **Stages 3 & 4** sleep.
  - a.
  - b.
  - c.
  
8. Name one physical change that happens during **REM sleep**.
  
9. In a typical night, **how many sleep cycles** will a person go through?

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10. What does **NREM** mean? Which stages of sleep are considered NREM?
11. Why do we sleep? Give 3 **reasons** from the text.
- a.
  - b.
  - c.
12. What happens when people have been **deprived only of REM** sleep?
13. What are two of the **psychological functions** that REM sleep seems to have?
- a.
  - b.

## DREAMS

14. In what **stage** do our most vivid dreams usually take place?
15. How are dreams in NREM sleep different from dreams in REM sleep?
16. What does it mean that people usually dream in “real time”?
17. In **Sigmund Freud’s** theory of dreams, what is the reason he gives as to why we dream?
18. How is the **biopsychological** approach different from Freud’s?

# Sleep and Dreams Reading Questions

## SLEEP PROBLEMS

19. What is **insomnia**?
  
20. What are four techniques psychologists suggest for dealing with insomnia?
  
21. How are **nightmares** and **night terrors** similar?
  
22. How are they different?
  
23. What is **sleep apnea**?
  
24. What cause of childhood death might **sleep apnea** be related to?
  
25. What is **narcolepsy** and how is it related to REM sleep?