II The Rhythms of Sleep

* How does sleep put people at risk?

1. Why We Sleep

* What does sleep appear to provide?
* What happens when we do not get enough?
* What happens to humans after 4 days without sleep?
  + Animals?
* 51 year old man story? Explain
* Why is sleep necessary for mental functions?
* Insomnia- Define
* Sleep Apnea- Define
* Narcolepsy- Define
* What is the “recommended amount of sleep?”
* # of Americans that get fewer than the recommended hours?
* What do American students average?

1. Realms of Sleep

* REM Sleep- Define
* How does the sleep cycle work? How long does it take?
* What brain waves are present when you first go to bed?
  + Describe them
* Describe the following steps:
  + Stage 1-
  + Stage 2-
    - Sleep Spindles- Define
  + Stage 3-
    - Delta Waves- Define
  + Stage4-
* How does he sleep cycle go: 1, 2, 3, 4, \_\_\_, \_\_\_, \_\_\_
* What happens next?
* Why is REM sleep “paradoxical” sleep?
* Are the cycles regular? Why or why not?