

Due December 8, 2014

Part I: Study Guide/Questions

- 1. Describe the cycle of our circadian rhythm, and identify some events that can disrupt this biological clock.**
- 2. List the stages of the sleep cycle, and explain how they differ.**
- 3. Describe individual differences in sleep duration and the effects of sleep loss, noting five reasons that we need sleep.**
- 4. Describe the most common content of dreams, and compare the five major perspectives on why we dream.**
- 5. Identify and describe the major sleep disorders.**

