

Your Body's Sleep Clock – Article Questions

1. What is the biggest sleep-related problem in the U.S?
2. What factors do you think affect this sleeping issue?
3. What are some other significant sleep disorders?
4. What is the body's sleep "pacemaker" that regulates circadian rhythm?
5. What processes does the pacemaker regulate besides sleep?
6. When in the day are the desires strongest for sleep in humans?
7. Where is the suprachiasmatic nucleus found in the body?
8. How were rats sleep cycles affected when the suprachiasmatic nucleus was damaged?
9. Discuss the 4 cues "zeitgebers" involved in your body's "sleep clock". Which one has the most profound effect on your sleep cycles?
10. How did the EEG raise awareness about what happens during human sleep cycles?
11. What are the 3 major types of sleep? Explain the differences here.
12. Theta waves are indication of what stage of sleep? How many cycles/sec in Theta Waves?
13. Which hormone regulates the beginning and end of certain sleep states?
14. What are the indications that someone has lapsed into N1 Stage of Sleep?
15. Which stage has indications of wave patterns called K-complexes? What is this?
16. What stage of sleep occurs when your body detoxifies, repairs and restores tissue to a healthy level.
17. What sleep stage is nearly absent in the elderly? What reasoning would you give this?
18. How does the author describe "REM sleep"?
19. Which nervous system is activated during REM sleep? How does this affect your physiology?
20. Provide 3 reasons why getting enough REM sleep is essential to maintaining homeostasis?