

Get Your ZZZZzzzzzzs Guided Study Questions

Choose from the following questions to create a study guide for the subjects of sleep, Sleep Deprivation and Circadian Clock. The number in the parentheses at the end of the question indicates the reference.

SLEEP

1. How long can you expect to sleep in your lifetime? (4 & 7)
2. What is sleep? (1)
3. Why do we need sleep? (1, 2 & 10)
4. Compile a list of tips for getting enough sleep. (1, 5 & 7)
5. Create a chart to show how much sleep infants, children, teens and adults need. (1, 2, 4 & 5)
6. How much sleep do you need for optimal physical and mental performance? (1, 2 & 5)
7. How much sleep does a dog need? (3)

PROCESS OF SLEEP

1. What happens during sleep? (1)
2. What does your brain do while you sleep? (1)
3. What do your muscles do while you sleep? (4 & 6)

SLEEP CYCLE

1. What are the 2 basic forms of sleep? (4 & 5)
2. Describe the stages of Slow Wave Sleep (SWS) or Non-Rapid Eye Movement sleep (NREM). (1 & 5)
3. Describe what happens during Rapid Eye Movement Sleep (REM). (1)
4. Describe what happens in the brain during REM. (4)
5. In what stage of sleep do dreams occur? (1, 4 & 5)
6. What is REM rebound? (4)
7. In minutes, breakdown a typical sleep cycle. (7)
8. How many cycles of sleep occur during 8 hours of ZZZZzzzzzzs? (4)
9. Construct a graph or chart to illustrate the cycles of sleep during an 8-hour night of sleep. (4)
10. How will you feel if you wake up during SWS or NREM? (4)
11. How will you feel if you wake up during REM? (4)

SLEEP DEPRIVATION

1. What happens if you don't get enough sleep - 1 night, 2 nights & 5 nights? (2)
2. What are hallucinations? (2 & 10)
3. How do you feel when you don't get enough sleep? ((1)
4. How do you act when you don't get enough sleep? (1)
5. What impact does sleep have upon growth and your immune system? (1 & 10)

CIRCADIAN CLOCK

1. What is the circadian clock? (7 & 5)
2. When are the normal circadian lows? (7 & 5)

FOR TEENS ONLY

1. How much sleep do teens need for optimum physical & mental performance? (8 & 5)
2. How does lack of sleep affect teens at school? (8 & 10)
3. What is the circadian Clock? (7 & 5)
4. When are the normal circadian lows? (7 & 5)
5. How many traffic accidents each year are attributed to drowsiness and fatigue? (5, 8 & 9)
6. How many fatigue related crashes are teen drivers involved in? (5, 8 & 9)
7. How do sleep patterns change for teens? (8)
8. Given this information what recommendations would you make to your school board? (8)
9. Would starting school later have a positive impact upon teen health? Justify you answer. (8)
10. Compare the effects of sleep deprivation to alcohol impairment. (5 & 9)

* Use other questions from the list above that are appropriate for your objectives.

WWW. SOURCES

- 1) www.Kidshealth.org/kid/stay_healthy/body/not_tired.html
"What Sleep Is and Why All Kids Need It"
- 2) www.kidshealth.org/kid/talk/ga/sleep.html
"Why Do I Need Sleep?"
- 3) <http://faculty.washington.edu/chudler/chasleep.html>
"How much Do Animals Sleep?"
- 4) <http://faculty.washington.edu/chudler/sleep.html>
"What is Sleep and Why Do We Need It?"
- 5) www.ninds.nih.gov/disorders/brain_basics/understanding_sleep_brain_basic.htm
"Brain Basics - Understanding Sleep"
- 6) www.wsu.edu/NIS/Universe/sleep.htm
"Why Do We Sleep?"
- 7) www.searoom.com/sleep1.htm
"Sleep Deprivation is Inevitable on a Long Passage"
- 8) www.apa.org/monitor/oct01/sleepteen.html
"Sleep Deprivation May be Undermining Teen Health"
- 9) http://archives.cnn.com/2000/HEALTH/09/20/sleep_deprivation/
"Sleep Deprivation as Bad as Alcohol Impairment, Study Suggests"
- 10) <http://serendip.brynmawr.edu/bb/neuro/neuro01/web3/Ledoux.html>
"The Effects of Sleep Deprivation on Brain and Behavior"