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|  | Crash Course Episode 9 Sleep and Dreaming |
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| Define sleep |  |
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| Why do we sleep? List three reasons. |  |
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| What the brain’s electrical current? |  |
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| What is rem sleep? |  |
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| What is one of your awake hormones? |  |
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| What is your sleep hormone? |  |
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| What gland excretes? |  |
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| What type of brain waves occur when you are awake? |  |
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| Stage 1 what type of brain waves? |  |
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| What are hypnagogic sensations? |  |
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| (NREM2) Stage 2 sleep is characterized by what type of brain waves? |  |
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| (NREM3) Sleep stages 3 and 4 are characterized by what type of brain waves? |  |
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| Why is REM sleep called paradoxical sleep? |  |
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| What blocks the messages from your motor cortex to your muscles? |  |
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| What is the difference between your dreams in REM and your dreams in NREM sleep? |  |
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| How long does it take to go through an entire sleep cycle? |  |
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| What conditions develop because of your lack of sleep? |  |
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| What is insomnia? |  |
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| What is narcolepsy? What is the function of hypocretin? |  |
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| What is sleep apnea? What are the negative effects of sleep apnea? |  |
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| What are night terrors? When do they occur?  When do sleep talking and sleep walking occur? |  |
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| When do nightmares occur? |  |
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| According to Freud what is the function of dreams?  What is the manifest content of a dream?  What is the latent content of a dream? |  |
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| What is the information processing theory of dreams? |  |
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| What is the physiological function of dreams? |  |
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| Why do babies spend much of their sleep dreaming? |  |
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| What is the cognitive development theory of dreaming? |  |