To Sleep, Perchance to Dream  
Psychology Crash Course #9

What is sleep?

We spend about a quarter of our lives sleeping. (True or False)

List three reasons why science thinks we sleep.

1. Q
2. Q
3. Q

What is an EEG machine? How does it relate to sleep?

What is REM sleep?

What are the four stages of sleep?

1. W
2. W
3. W
4. W

The hormone \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ gets you ready for sleep.

The stages of sleep:

1. NREM 1
2. NREM 2
3. NREM 3
4. REM

Each sleep cycle lasts about \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ minutes before repeating again.

If someone experiences a lack of sleep, what can the consequences be?

Sleep Disorders:

* Insomnia
* Narcolepsy
* Apnea
* REM Sleep Disorder
* Night Terrors
* Nightmares

Why do we dream?

Dreams tend to be about your day. (true or false)

What is Oneirology?

Wish Fulfillment:

Information Processing Theory:

Cognitive Development:

Random Neural Firings: