

5. Understand the barriers to modifying diet and the interventions designed to modify diet
 - a. A preference for meat, a lack of health consciousness, a limited interest in exploring new foods, and low awareness of the link between eating habits and illness are all ties to poor dietary habits.
6. Know the 5 stages of sleep
 - a. **Stage 1:** Lightest and earliest stage, easily awakened, may experience hypnagogic hallucination. "Falling" in your sleep
 - b. **Stage 2:** (Alpha Waves) Burst of rapid brain wave activity "sleep spindles" sleep talking occurs.
 - c. **Stage 3 & 4:** Deep sleep (delta waves), most restorative stage, sleepwalking and bed wetting may occur here. "Groggy feeling when waken up"
Stage 3: known as transitional stage
 - d. **Stage 5:** Rapid Eye Movement stage. Paradoxical sleep, heart rate and breathing increases, eyes move rapidly beneath eyelids, body is mostly paralyzed. Vivid dreams, memory consolidation, helps brain develop, *screensaver dream theory*
 - i. Why is REM sleep sometimes called paradoxical sleep?
 1. REM sleep is sometimes called paradoxical sleep as one's physiology is close to that of being awake but the brainstem blocks all muscle movement
7. What is the relationship between sleep and health?
 - a. Rest and Renewal help reduce stress and restore emotional balance.
 - b. Fewer than 7 hours of sleep a night affects cognition, mood, work performance and quality of life.
 - c. Sleep deprivation impairs immune functioning.
 - d. Chronic insomnia is linked to diabetes, CHD, and weight gain.