

#### Naps:

- Americans average 1-2 naps per week, although about 25% of people never nap and 33% nap 4-5 times per week
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#### Sleep Disorders:

- Insomnia: persistent problems falling and staying asleep
  - Narcolepsy: uncontrollable sleep attacks
  - Sleep Apnea: occasionally stop breathing during sleep
  - Night terrors: high arousal and terrified
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#### Detect Gender by Smell?

- Had men and women wash hands and put latex gloves on for 15 minutes
  - Then, had male and female participants (blindfolded) try to predict if they were male or female hands
  - Results: Could distinguish between male and female hands with over 80% accurate
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#### Sense: Bodily

- Stimulus: movement of body; changes in position, gravity
  - Kinesthetic sense (movement)
    - Position and movement of individual parts
  - Vestibular sense (balance)
    - Position and movement of head (and thus body)
  - Proprioception- sensation of movement and sense
    - 15 people have been diagnosed with the loss of proprioception, no sensation from the neck down
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