

SLEEP

I. How much sleep do I need?

1. Long vs. Short Sleepers
2. Minimum amount of regular sleep
3. Microsleeps

II. What are the different levels of Sleep?

1. Drowsy:
2. Stage 1:
3. Stage 2:
4. Stages 3& 4:
5. REM:

III. What are the consequences of sleep deprivation?

1. REM Deprivation

2. Total Sleep Deprivation: animal & human studies

IV. Why do I need to sleep?

A). Stages 3 & 4;

1. Repair Theory

2. Brain Temperature Regulation

B). REM:

1. Memory Consolidation

2. Brain Development

3. Prevent Coma

4. Vigilance

V. Why do we dream?

1. Freud: Royal Road to Unconscious

2. Hobson & McCarley: Activation-Synthesis

VI. Sleep Disorders

1. Night Terrors

2. Sleepwalking/Talking

3. Sleep apnea/SIDS

4. Narcolepsy

5. REM without Atonia