

Module 17 Review Sheet

1. How do we define consciousness?
2. Are we aware of everything that we process? Explain.
3. Which age group daydreams more and will daydream about sex?
4. What percentage of men and women have sexual fantasies? Which fantasizes about sex more?
5. What do most daydreams involve? Provide examples.
6. What does daydreaming give us the chance to prepare for?
7. How does daydreaming help children? What happens to children who watch a lot of TV?
8. Who is the least prone to vivid fantasies?
9. What are the 4 biological rhythm cycles?
10. What does the annual cycle control?
11. What time of the year does depression increase?
12. What is the twenty-eight day cycle?
13. What is the twenty-four hour cycle?
14. What is the ninety-minute cycle?
15. What do we call our biological clock? What affects our biological clock?
16. Why do we stress more about things in the morning as compared to the afternoon?
17. Which age group will fall into the morning-bird category? When are they most productive?
18. Who usually falls into the night-owl category? When are they most productive?
19. What invention has affected our sleep pattern for the worse?
20. How can you cure jet lag?
21. How long does stage 1 sleep last for? What occurs in this stage?
22. How long does stage 2 sleep last for?
23. How long does stage 3 sleep last for?

24. How long does stage 4 sleep last for? What occurs in this stage? What percentage of children will do this?
25. What does REM stand for? What happens during REM sleep?
26. About how many hours a year do people dream on average?
27. What are our sleep patterns based on?
28. How long will most humans sleep?
29. How long can our brains keep track of sleep debt?
30. How many years of our lives do we sleep for?
31. What are 3 reasons that people go to bed later?
32. How many hours do teenagers need to sleep? How many do they get? What happens without that extra sleep?
33. What does sleeping less result in?
34. What time of the year are accident numbers the highest?
35. What type of major accidents happen from lack of sleep?
36. What are 3 ways in which sleep helps us?
37. What is insomnia? How many Americans are affected by it?
38. Why are sleeping pills and alcohol bad ways to treat insomnia?
39. What are the natural ways of treating insomnia?
40. What is narcolepsy? How long do most attacks last for?
41. What is sleep apnea? How often during a night does it occur?
42. What are night terrors? Who does it usually affect?
43. What do most of our dreams deal with?
44. How often do men and women dream about sex? Who do men dream more about?
45. Can you learn while you sleep?
46. What is Freud's latent content?
47. What are the 2 ways in which dreams help us?