

AP PSYCHOLOGY

Sleep

UNIT 1: BIOLOGICAL BASES OF BEHAVIOR



LEVELS OF CONSCIOUSNESS

AWARENESS OF OURSELVES AND OUR ENVIRONMENT

CONSCIOUSNESS

WAKEFULNESS

SLEEP



SLEEP/WAKE CYCLE

CIRCADIAN RHYTHM

24.5-26 hrs

Melatonin

DISRUPTIONS

Shift work

Jet lag



SLEEP STAGES: NON-REM

STAGE 1



Hypnagogic sensations

STAGE 2



STAGE 3



REM Sleep



BENEFITS

DREAMS

PARADOXICAL
SLEEP

REM REBOUND

Why Do We Sleep?

RESTORATION

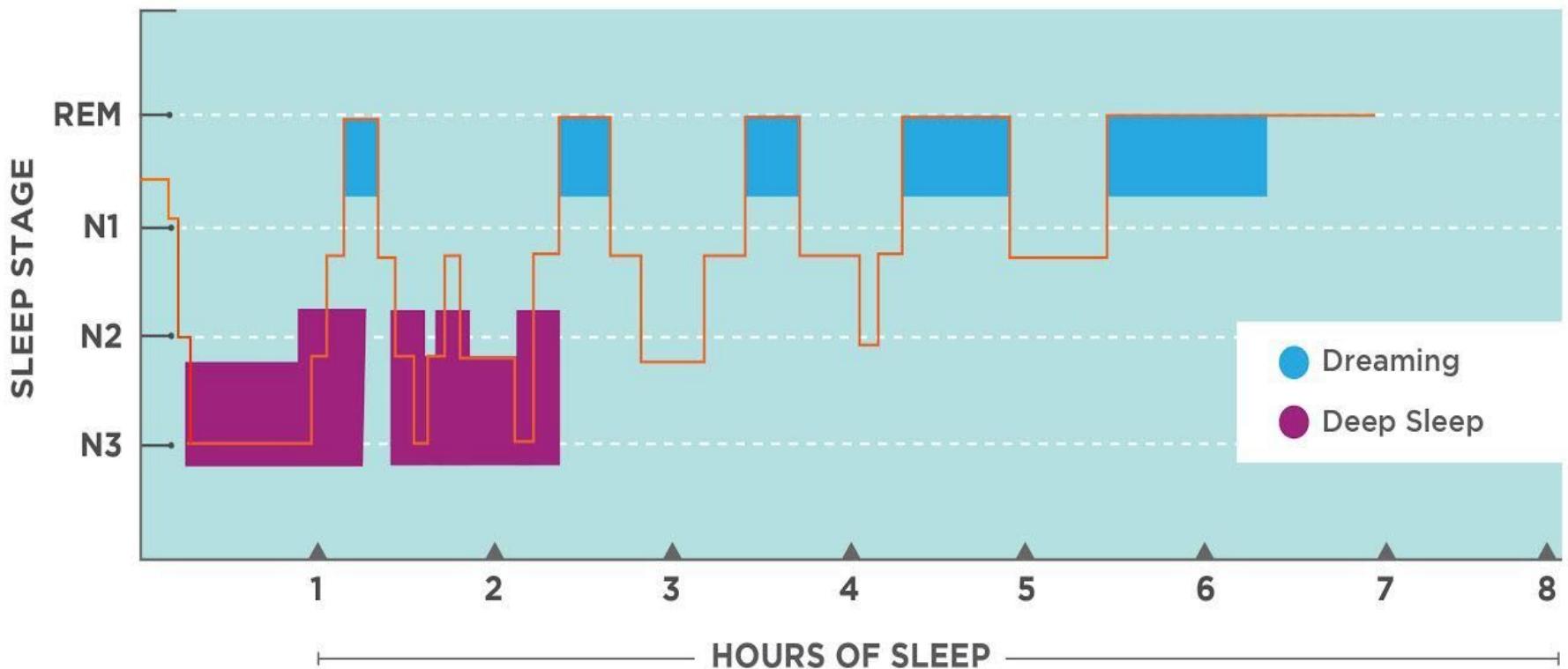
Sleep allows us to restore/repair the consequences of the activity associated with wakefulness.

MEMORY CONSOLIDATION

Sleep is associated with changes in brain structure and brain organization.



STAGES OF HEALTHY SLEEP



Sleep and Age

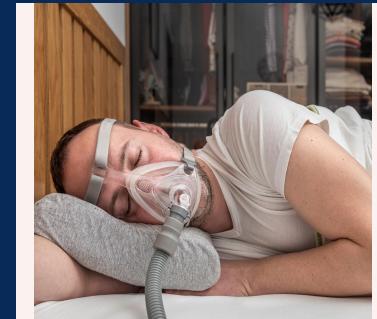
Disordered Patterns of Sleeping



INSOMNIA



NARCOLEPSY



SLEEP APNEA



SOMNAMBULIS



REM BEHAVIOR
DISORDER

M

Dreams



(def.) The production during sleep of story line sequences of image, sensations, and perceptions usually occurring in story-like form; it occurs mainly during REM sleep.

Why do we dream?

CONSOLIDATION THEORY

Physiological function

ACTIVATION SYNTHESIS

Random