

Learning Journal

For your Learning Journal, answer the following questions:

1. Briefly describe the general structure and function of the nervous system.
2. Why is the study of "sleep" important in a psychology course? What benefit does sleep provide to the nervous system and to the body in general?
3. Have you experienced sleep disturbances? If so, please explain the effects to your physical, mental and emotional health.

The Learning Journal entry should be a minimum of 400 words and not more than 750 words. Use APA citations and references if you use ideas from the readings or other sources.

