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| Part of the problem is that by not sleeping the amount the body requires it is not able to go through the four-part sleep cycle, and in turn unable to reach the REM (rapid eye movement) period, that was discovered by Eugene Aserinsky and Nathaniel Klitman in 1950. (4) The REM that is the point at which dream occurs the REM rotates with the nREM (non rapid eye movement), where the waves are slower, allowing the body to be more relaxed and lowers the blood pressure. The REM is when the individual is more susceptible to waking up, due to their role in their dreams. The REM or "dream sleep" is crucial because it is this parts that when missed comes back to haunt us. Also The REM period last longer in people that were worried throughout the day trying and is there to relieve them of some of their day to day tension. During the REM cycle the muscles are often turned of and put into the state of "atonia". Also lack of REM sleep is what changes people�s personalities, making them more irritable and harsher than usual. "Most adults spend 20 percent of their total sleep time in REM." (5)  Furthermore a study done at Brown University revealed that even though students may be in school and functioning "their brains are not awake". The scientist then observed some students in a sleep lab for a night and measuring their brain waves when they got up and after their second period class. The study proved that the waves were the same. Alerting them that "their (the students) brains functioned as though they were asleep." This is why students fall asleep in class because the brain is at the level to be asleep, but then it is expected to be able to perform and often when ordered to it is not up to the task. (3)  When called on those who lack sleep get flustered and somewhat irritated at themselves and the teacher, because they know they did the reading and they gave up their sleep time for it, but know when it some time to show off they fall short, and instead of receiving praise they are awakened from their daze with the confrontation that they failed. Which adds to their stress and makes them feel unsuccessful which is the basis of my project, that sleep deprivation makes teens fail, sick more, and more stressed.  ([BACK](http://docs.google.com/introduction.html))  [[Home](http://docs.google.com/home.html)][[Introduction](http://docs.google.com/introduction.html)][[Hypothesis](http://docs.google.com/hypothesis.html)][[Procedure](http://docs.google.com/procedure.html)][[Data](http://docs.google.com/data.html)][[Conclusions](http://docs.google.com/conclusions.html)][[Bilio/Links](http://docs.google.com/biblio.html)]  [[2001 Projects](http://docs.google.com/index.html)][[2000 Projects](http://docs.google.com/AP2000/index.html)][[1999 Projects](http://docs.google.com/AP99/index.html)][[1998 Projects](http://docs.google.com/AP98/index.html)] |