**Annotated Works Cited**

**1.** �Animals have complex dreams�� & �Rats dream about their tasks during slow wave sleep.� MIT News. 1/24/01 & 12/18/02. www.mit.edu/newsoffice/www.

          These very recent articles on the MIT website show that sleep is currently a hot topic, with animal subjects as the focus. These articles discuss a professor�s studies on rat brains, and provide new information that will help advance the general understanding of the human brain and memory.

**2.** Ariniello, Leah. �REM Sleep.� Society for Nueroscience. 1994.  http://www.sfn.org/content/ publications/brainbriefings/ rem\_sleep.html

 This article discusses the basic concept of REM sleep. It describes how brain activity during REM sleep begins at the pons, in the brainstem. Signals then sent to the cerebral cortex make up most thought processes.

**3.** Brain, The � Our Universe Within. Discovery Channel,        .

          This video discusses basic brain anatomy and gives information on the hippocampus and neurotransmitters. It also gives a documentary story on a man who is living with no short term memory.

**4.** Carksadon, Mary A. Adolescent Sleep Patterns. United Kingdom: Cambridge University Press, 2002.

          This recently published book is compiled of different studies by various authors, and offers in depth information on not only the physiology of sleep, but also the social issues that effect adolescent sleep.

**5.** Drummond, Sean P.A.; Stricker, John L.; Wong, Eric C.; Buxton, Richard B. �Brain activity is visibly altered following sleep deprivation.� Nature. 9 February 2000.

          This publication from UCSD discusses a breakthrough study on sleep deprivation and memory. By looking at MRIs, the researches have determined that when brain activity during sleep is interrupted, brain function is impeded.

**6.** �End the Tragedy of Drowsy Driving.� National Sleep Foundation. www.sleepfoundation.org.

          This site provides statistics and information about drowsy driving, along with other articles/information about sleep and sleep disorders.

**7.** Gordon, Barry, M.D., Ph.d. �Rembering and Forgetting in Everyday Life.� Memory. New York: Mastermedia Publication, 1995.

          This book gives important information on brain anatomy, memory problems, and understanding and improving memory. It contains especially relevant sections about the storage and retention of memory and the difference between animal and human memories.

**8.** Griffin, Donald R. �Animal Sleep.� Animal Thinking. USA: University Press, 1984.

          This book is a bit outdated, because so much had been discovered about the brain in the last twenty years. However, it offers some significant information about animal sleep, including the simple fact that birds and mammals have REM sleep.

**9.** Hellmich, Nancy. �Sleep Deprivation May Cause Weight Gain.�  www.abed.com

          Although abed.com is a site that sells mattresses�, the above article is from USA today, and discusses a study from the University of Chicago about the weight gain of sleep deprived human subjects.

**10.** Johnson, Gordon S. Jr. �A Guide to Brain Anatomy.� 2002. http://www.waiting.com/brainanatomy.html

          This page is a link off of a site about brain injury. It provides excellent, easy to understand information about the basic structures of the brain and their functions.

**11.** Ledoux, Sarah. �The Effects of Sleep Deprivation on Brain and Behavior.� Bryn Mawr College. 2001. http://serendip.brynmawr.edu/bb/nuero/nuero1/web3/Ledoux.html

          This page hosts a study done by a Biology student at the Bryn Mawr college. Her paper contains some of the most recent studies on the brain and sleep deprivation, and provided some excellent links.

**12.** Lemonick, Michael D. �Smart Genes?� Time. 13 September 1999. Pg 54-58.

          This news article focuses on how memory works and the prospect of improving it in genetically altered mice. It deals with mice as subjects and the general topic of memory in scientific experiments.

**13.** Myers, David G. �States of Conscious.� Psychology, 6th Edition New York: Worth Publishers, 2001.

          This AP Psychology textbook contains an excellent chapter on sleep. The book contains information about the human sleep cycle, and also makes important references to animal sleep cycles. Also, the chapter on memory also contains good information.

**14.** "Sleep." *World of Health*. Gale Group, 2000. Reproduced in Student Resource Center-  Health Module. Farmington Hills, Mich.: Gale Group. 2000. http://www.galenet.com/servlet/SRCHealth/

          This article from the online database gives significant information on the health effects of sleep deprivation. It discusses everything from general health problems due to lack of sleep all the way to very specific issues, such as effects on psychomotor performance.

Also - these resources were helpful in learning about handling mice/rats in an experiment:

* Barron's Educational Series. All About Your Mouse. Hong Kong: Ringpress Books, 1998.
* <http://205.187.104.8/users/thiele/web/creek/ap99/kristin_melinda/home.html>
* <http://205.187.104.8/users/thiele/web/creek/ap99/Kelly_Phoebe/home.html>
* <http://205.187.104.8/users/thiele/web/creek/ap2001/brit_katie/home.html>
* <http://205.187.104.8/users/thiele/web/creek/ap2002/bayan_new/home.html>
* <http://205.187.104.8/users/thiele/web/creek/ap2002/katyb/home.html>

[HOME](http://docs.google.com/index.htm)