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|  | You have had three weeks to study for a major math test. It is now eleven o'clock on the night before the test, and you are left with a lot more to review. There are two choices present in your dilemma. A) Get some much needed sleep with the knowledge you've already obtained from your math book, or B) stay awake until all the information is learned. What would you choose? This question often pops into my mind in these situations. Through past experience and testing, we will attempt to find out what percentage, if any, of memory is lost during sleep.  Almost everyone complains about our fleeting memories. It selectively lets us remember important dates like when Christmas and spring break start and the exact date report cards are sent home. On the other hand, our memory also leaves us stranded in the parking lot, and in a panic when the teacher collects the five page essay that is sitting in the printer at home. Memory loss can effect your self-esteem, social equilibrium, and intellectual stature that has been so hard to achieve.  According to Rebecca Rupp, the author of Committed to Memory, individual or collected memory gives one a sense of power. Almost every organism on earth from humans to the simplest of creatures proves to have a capacity of recall. Memory is no more than a reaction to a repeated stimulus. In this sense animals know to avoid danger zones. John W. Donahoe and Micheal G. Wessells, authors of the book, Learning, Language and Memory, say that even protozoa, a single celled animal, have been shown to possess the simplest, most basic and ordinary kind of memory. Learning plays a part in the life of every living creature. This form of benefit could not be possible without some form of memory. Every reoccurring event has an effect on the nervous system that records and reacts to the incident.  It is proven that the nervous system can function during alpha, beta, that, and delta, which are the states of consciousness during sleep. In beta, you are fully awake and are able to contrast two different thoughts. Alpha and theta are suggestible states of consciousness that leads to deep sleep, which is delta. RAW Enterprises also explains that brain waves increase in intensity, creating more energy for installing new memories. In alpha and theta states, you are prime for learning. During sleep, you are capable of thinking one thought at a time, thus allowing new memories to enter your mind unchallenged. We predict that since the activity of brain doesn�t stop when one sleeps, memory will still be lost, but at a lower rate then when awake. |

*This Web Site is Best viewed with 256 or more colors.*

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