Assignment 2

1. Give two examples of biological rhythms.

Women’s menstrual cycle and circadian rhythm

1. What is a circadian rhythm?

A biological rhythm that takes place over a 24 hour period.

1. In which stage of sleep does our brain most closely resemble its activity level during wakefulness?

Rapid Eye Movement (REM) sleep

1. Of the NREM stages of sleep, which is the deepest?

Stage 3 and 4 are the deepest stages of sleep

1. What happens to our muscular system during REM sleep?

Paralysis of muscle systems in the body

1. What is a lucid dream?

Certain aspects of wakefulness are maintained during a dream state.

1. What is RBD (REM Sleep Behavior Disorder)?

Occurs when the muscle paralysis associated with REM sleep phase does not occur.

1. True or False? Night Terrors occur when we are dreaming.

False

1. What is narcolepsy and what can cause a narcoleptic episode?

When a person cannot resist falling asleep at any moment. Episodes are triggered by states of heightened arousal or stress.

1. What is the term for loss of muscular control that is often associated with narcolepsy?

cataplexy

1. Withdrawal symptoms are usually \_\_\_\_\_\_\_\_\_ of the effects of the drug.

opposite

1. What category of psychoactive drugs does alcohol fit into?

depressants

1. What category of psychoactive drugs increases the activity of the nervous system?

stimulants

1. Cocaine results in an excess of which neurotransmitter?

Dopamine neurotransmitters, it blocks the reuptake of dopamine in the neuronal synapse.