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VIDEO GUIDE · UNIT 1 · TOPIC 1.5

Consciousness and Circadian Rhythm

Watch the lesson

Name _____ Class _____ Date _____

NOTES: FILL IN THE BLANKS WHILE YOU WATCH

Consciousness

1. Awareness of the world around you and of what's happening inside you, like thoughts or hunger, is called _____.
2. Awareness is reduced in sleep, but the brain still processes some sounds and sensations, so sleep and wakefulness are different _____.

The circadian rhythm

3. A _____ is a biological rhythm that follows an approximately 24-hour cycle, such as the sleep-wake cycle.
4. The hormone _____ is released as it gets dark, signaling the body that it's time to sleep.
5. _____ occurs when your internal rhythm hasn't yet adjusted to a new time zone; exposure to daylight gradually resets it.
6. _____ causes a similar disruption: overnight workers must be awake when the body is used to sleeping.

CHECK YOUR UNDERSTANDING

1. On a two-week camping trip without alarms, a hiker falls asleep around 10 p.m. and wakes near 6 a.m. every day. This pattern best reflects:

(A) A circadian rhythm
(B) REM rebound
(C) Jet lag
(D) Sensory adaptation

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2. A traveler flies across six time zones. For the first few days she is wide awake at local midnight and sleepy at local noon, but by the end of the week she sleeps on the local schedule. What most likely changed?

(A) Her body stopped releasing melatonin

(B) Exposure to daylight gradually reset her circadian rhythm

(C) Her sleep-wake cycle stopped following a 24-hour pattern

(D) Her level of consciousness while awake increased

3. As the light fades on a winter evening, a student starts feeling sleepy earlier than she did in summer. Which hormone is most likely involved?

(A) Adrenaline

(B) Oxytocin

(C) Melatonin

(D) Leptin

NOTES

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