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VIDEO GUIDE · UNIT 1 · TOPIC 1.5

Sleep Stages

Watch the lesson

Name _____ Class _____ Date _____

NOTES: FILL IN THE BLANKS WHILE YOU WATCH

NREM sleep

1. Scientists identify sleep stages with an _____ , which measures the brain's electrical activity.
2. _____ (non-rapid eye movement) sleep includes stages 1 through 3; stages 1 and 2 are light sleep.
3. Suddenly feeling as if you're falling as you drift off in stage 1 is a _____ .
4. In stage 3, _____ , brainwaves become slower and larger and the body does most of its repair work; _____ is concentrated early in the night.

REM sleep

5. In _____ , the eyes dart under closed eyelids and most vivid dreaming occurs; we cycle through NREM and REM all night, and REM periods lengthen toward morning.
6. REM is called _____ : the brain looks nearly awake while the muscles are essentially paralyzed.
7. After missing REM, the brain enters REM faster and stays longer to catch up. This is _____ .

CHECK YOUR UNDERSTANDING

1. A sleep technician sees a sleeper's EEG show the slowest, largest brainwaves of the night. Which is most likely true?

(A) She is in REM and likely dreaming vividly

(B) She is in NREM stage 1 and may have a hypnagogic sensation

(C) She is in NREM stage 3, when the body does most of its repair work

(D) She is awake but lying very still

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2. A participant is woken during REM sleep. Which report is she most likely to give?

(A) "I felt like I was falling."

(B) "I was in my deepest sleep of the night."

(C) "I wasn't asleep yet."

(D) "I was having a vivid, story-like dream."

3. Over the first hour after falling asleep, a sleeper's EEG shows brainwaves getting gradually slower and larger. Which sequence is she most likely moving through?

(A) NREM stage 1, then stage 2, then stage 3

(B) NREM stage 3, then stage 2, then stage 1

(C) NREM stage 1, then REM, then NREM stage 3

(D) REM, then NREM stage 1, then NREM stage 2

NOTES

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