Sleep – An Overview

1) The average amount of time a person spends in Stage 1 of NREM sleep is approximately
   a) 7 minutes
   b) 14 minutes
   c) 28 minutes
   d) 56 minutes

2) Stage 2 of NREM sleep has short periods of brain activity that occur in rhythmic patterns which are known as _____ which are essential for consolidating information learned throughout the day to become part of memory.
   a) Sleep spindles
   b) Warp and weft
   c) Dynamic oscillations
   d) Peaks and valleys

3) During which stage of NREM sleep do some types of sleep disorders begin to manifest as behaviors?
   a) Stage 1
   b) Stage 2
   c) Stage 3
   d) Stage 4

4) Because of the difference between _____ brain activity and _____ body and muscle activity during REM sleep, REM sleep is sometimes referred to as the paradoxical stage of sleep.
   a) High, Low
   b) High, High
   c) Low, High
   d) Low, Low

5) Which is the only hormone sold in the United States that is available over the counter?
   a) Melatonin
   b) Human Growth Hormone
   c) Epinephrine
   d) Estrogen
6) Cortisol is sometimes referred to as a _____ hormone.
   a) Happy
   b) Depression
   c) Activating
   d) Stress

7) A child between the ages of 10 and 12 typically gets _____ hours of sleep a night.
   a) 8
   b) 10
   c) 12
   d) 14

8) In general, a child is getting enough sleep if he or she can fall asleep in under _____ minutes.
   a) 30
   b) 45
   c) 60
   d) 75

9) Approximately _____ of cases of insomnia have no identifiable cause.
   a) 10%
   b) 30%
   c) 50%
   d) 70%

10) Up to 60% of people with insomnia also have
    a) Anxiety
    b) Depression
    c) Psychosis
    d) Personality disorders