1.5 / Sleep



Name _____ Date _____

1 Make the connection.

Explain each concept in your own words. Add a brief example that shows why it fits.

Consciousness

Circadian rhythm

Jet lag

Shift-work disruption

2 Build the explanation.

Set the biological clock. Separate timing from states.

Choose from the pieces below. Some do not belong. Write a letter in each position and explain the connection.

A. Awareness of internal experiences and external events.

B. An approximately twenty-four-hour biological cycle.

C. Jet lag is simply any tiredness after exercise.

D. Misalignment between work timing and biological rhythms.

E. A mismatch after rapid travel across time zones.

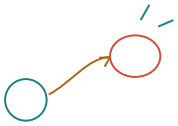
Consciousness - Piece: _____

Circadian rhythm - Piece: _____

Jet lag - Piece: _____

Shift-work disruption - Piece: _____

Use the idea. Explain the connection.



3 Choose, then explain.

1. Which class activity is an ethical way to investigate sleep concepts?

A. Collect named classmates' medical histories for a public game.

B. Analyze fictional sleep records or published data.

C. Require students to stay awake all night.

My choice: _____ Why it fits:

2. Which dream claim is most defensible?

A. Different theories explain aspects of dreaming, and dreams are not exclusive to REM.

B. Every dream predicts a future event.

C. Only people in REM can ever dream.

My choice: _____ Why it fits:

4 Bring it together.

How do circadian timing and sleep stage answer different questions?

One idea I corrected: _____

One question I still have: _____