**Chapter 10**

Multiple Choice

1. As seen in the case of Kenneth Parks, during sleepwalking an individual is:

\*A) Unable to plan and control their own actions

B) Able to remember all that occurred while sleepwalking

C) Unable to speak

D) Completely conscious of their own actions

(Reference Page 310-311)

2. The field potential is the synchronized, collective activity of:

A) Two distant neurons

\*B) Many nearby neurons

C) Gamma waves

D) none of the above

(Reference Page 312)

3. An EEG shows the presence of alpha waves. We can assume that the individual connected to the EEG is:

A) Concentrating on a task

\*B) In a relaxed state

C) Exercising

D) Sleeping

(Reference Page 312)

4. Most individuals experience \_\_\_\_\_ sleeping cycle(s) per night.

A) 7 to 9

B) 1 to 3

\*C) 4 to 5

D) 8 to 10

(Reference Page 313)

5. When a typical human first falls asleep, they move into which sleep cycle?

A) REM

B) Stage 3

C) Stage 2

\*D) Stage 1 sleep

(Reference Page 314)

6. Insomnia is:

A) Sleeping without entering REM cycles

\*B) The inability to sleep

C) Sleeping without entering deep sleep

D) Sleepwalking

(Reference Page 314)

7. Acetylcholinergic neurons in the pons become active just before:

\*A) The onset of REM

B) The onset of stage 3 sleep

C) Waking

D) Falling asleep

(Reference Page 315)

8. The circadian rhythm is entrained by:

A) Meal times

B) Temperature

\*C) Light and dark

D) Weather

(Reference Page 316)

9. The levels of melatonin in your body rise during:

A) The morning

\*B) The evening

C) The afternoon

D) The middle of the night

(Reference Page 317)

10. If you consistently go to bed much later than the typical individual in your time zone, and you find it impossible to do otherwise, you may be suffering from:

A) Jet lag

B) Advanced sleep phase syndrome

\*C) Delayed sleep phase syndrome

D) Insomnia

(Reference Page 318)

11. What is one indicator that sleep is vital to life?

A) Sleep phases vary widely across species

\*B) It has not gone away, even in species where obtaining sleep is very difficult

C) Circadian rhythms change over the lifespan of humans

D) Most species engage in polyphasic sleep

(Reference Page 320)

12. What is one indicator that sleep is NOT purely restorative?

\*A) REM sleep involves high amounts of neural activity

B) Most people still feel tired when they wake

C) Neurotransmitter production remains constant throughout sleep

D) All of the above

(Reference Page 320)

13. If you consistently go to bed much later than the typical individual in your time zone, and you find it impossible to do otherwise, you may be suffering from:

A) Have shorter periods of SWS sleep

B) Produce muscular contractions and jerking movements, indicating that they are dreaming of physically doing the task

\*C) Have dreams related to the task, as though they were rehearsing what to do

D) What humans do while sleeping is unrelated to learning new tasks

(Reference Page 322-323)

14. Sigmund Freud proposed that dreams:

A) Were always sexual in nature, although not always obviously so

\*B) Concealed hidden meanings

C) Were bizarre and meaningless

D) Were messages from God

(Reference Page 325)

15. Across time and culture, dreams share similar themes, although men often experience more \_\_\_\_\_\_ in their dreams than women.

A) Sexuality

B) Fantasy

\*C) Aggression

D) Physical activity

(Reference Page 325)

16. What is a possible reason we have trouble remembering our dreams?

\*A) The hippocampus and prefrontal cortex are less active during REM sleep than in the waking state

B) The brain is producing gamma and beta waves rather than delta waves

C) The limbic system is highly activated during dreams

D) The brain attempts to erase the visual images of dreams after they occur

(Reference Page 327)

17. What happens to the dreams of patients on anti-seizure medication?

A) They are unable to remember their dreams

\*B) There is a reduction or elimination of nightmares

C) The dreams become more vivid and frightening

D) They lack vivid imagery and interactions with other people

(Reference Page 327)

18. What are some outcomes of severe sleep deprivation?

A) Increased stress levels

B) Heart disease

C) Poor decision making

\*D) All of the above

(Reference Page 328)

19. As in the case of Randy Gardner, who voluntarily tried to stay awake for an extended period of time, what may happen after several days of no sleep?

A) Very little change in the ability to perform cognitive tasks

\*B) Paranoia and hallucinations

C) Seizures

D) Flat affect

(Reference Page 329-330)

20. What is the problem behind insomnia?

A) Restless leg syndrome (RLS)

B) Jet lag

\*C) Hyperarousal

D) Poor diet

(Reference Page 330)

21. Benzodiazepines and nonbenzodiazepines are:

A) Neurotransmitters involved with falling asleep

B) Prions involved with the sleep-wake cycle

C) Drugs used to treat night terrors

\*D) Hypnotic drugs used to treat insomnia

(Reference Page 331)

22. If an individual falls asleep in the middle of a conversation and then wakes up disoriented, they may be suffering from:

A) Insomnia

\*B) Hypersomnia

C) Microsleeps

D) Jet lag

(Reference Page 331)

23. In the case of the Italian family plagued with fatal familial insomnia, an autopsy showed that their brains suffered from:

A) A human form of mad cow disease

B) Spongiform encephalopathy

\*C) A prion disorder

D) Creutzfeldt-Jacob disease

(Reference Page 332)

24. Low levels of orexin or hypocretin is a factor in:

\*A) Narcolepsy

B) Insomnia

C) Somnambulism

D) Night terrors

(Reference Page 332)

25. Night terrors are most common in:

A) Adolescents

B) Adults

\*C) Children

D) The elderly

(Reference Page 333)