Pages 67-69

**Sleep and Dreams**

***Sleep is ...***

***Why do we need sleep?***

***How much of our lifetime is spent sleeping?***

***How much sleep do you need?***

***What are some of the effects of sleep deprivation?***

***What is meant by the term “circadian rhythm”?***

***Stages of Sleep:***

|  |  |
| --- | --- |
| ***Stage*** | ***Description*** |
| ***1*** |  |
| ***2*** |  |
| ***3*** |  |
| ***4*** |  |
| ***5*** |  |

***What are some common sleep disorders?***

***Why shouldn’t we use sleep medications to help us sleep?***

***How can you beat insomnia naturally?***

***Dream***:

***Lucid Dreams****:*

***How much of our lifetime is spent dreaming?***

***Why do we dream?***

***What are the purposes of daydreaming?***