Psychology 12 Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
Mr. McElroy

**CHAPTER 7 SECTION 1 – Guided Reading Activity**

1. What are some reasons the text book gives for the reasons why we sleep?

2. What happens to you when you reach the REM stage of sleep?

3. Explain the sensation of jet-lag and how it relates to circadian rhythm.

4. What is the difference between nightmares and night terrors?

5. Research Sleep Paralysis. Explain what it is and how it relates to the sleep cycle.

6. Identify some of the theories surrounding dream analysis.