

### Worksheet 2

#### TEACHER'S NOTES

**Circadian rhythm** — the daily fluctuation of physiological or behavioral functions that include sleep-wake states generally tied to the 24-hour daily dark-light cycle.

**Hypersomnia** — sleeping for uncharacteristically long periods of time.

**Hypnotics** — sleep-inducing drugs.

**Jet lag** – disturbances in circadian rhythm caused by rapid travel across multiple time zones. Symptoms include sleep disruptions and impaired alertness.

**Insomnia** – a common sleep problem characterized by: trouble falling asleep, waking frequently during the night, waking too early and can't get back to sleep.

**Melatonin** — a hormone secreted by the pineal gland in the brain, produced at night, in darkness, and brings on the urge to sleep.

**Narcolepsy** — a chronic neurological disorder that involves the body's central nervous system. A major symptom of narcolepsy is excessive and overwhelming daytime sleepiness.

**Nightmares** — unpleasant and/or frightening dreams occurring in REM sleep. Night terrors are characterized by an incomplete arousal from slow wave sleep. If awakened during a night terror, the individual is usually confused and—unlike a nightmare—doesn't remember details of the event.

**Sleep** — the state in which an individual rests quietly in a recumbent position, disengages from the environment, and becomes unresponsive to stimuli.

**Sleep deprivation** — an insufficient amount of sleep or poor sleep due to difficulty sleeping, disruptions and/or a sleep disorder. Sleep deprivation can have a negative impact on a person's mood, behavior and performance.

**Sleep hygiene** — behavioral activities that contribute to or detract from restorative sleep. Examples of good sleep hygiene include activities such as going to bed at the same time each night, restricting caffeine and alcohol intake near bedtime.

**Snoring** — caused by a partial obstruction to the air passage that causes the tissue to vibrate resulting in a snoring noise. Snoring can be a symptom of sleep apnea, a serious sleep disorder characterized by pauses in breathing during sleep.