

Do Now: Answer the following questions. Be prepared to discuss them.

Pair the biological rhythms to the processes described. You may use them more than once.

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| ___ | 1. Sleep-wake cycle | a. Ultradian |
| ___ | 2. Blinking and urination are examples of this. | b. Circadian |
| ___ | 3. The menstrual cycle | c. Infradian |
| ___ | 4. Having <i>jet lag</i> is related to this. | |

5. Name the hormone, often sold as a sleep aid, that helps to put you to sleep.

6. What are the consequences to not getting enough sleep?