

# Intro to Sleep

McMurray  
Psych

## What is Consciousness?

- Awareness of yourself and your environment.

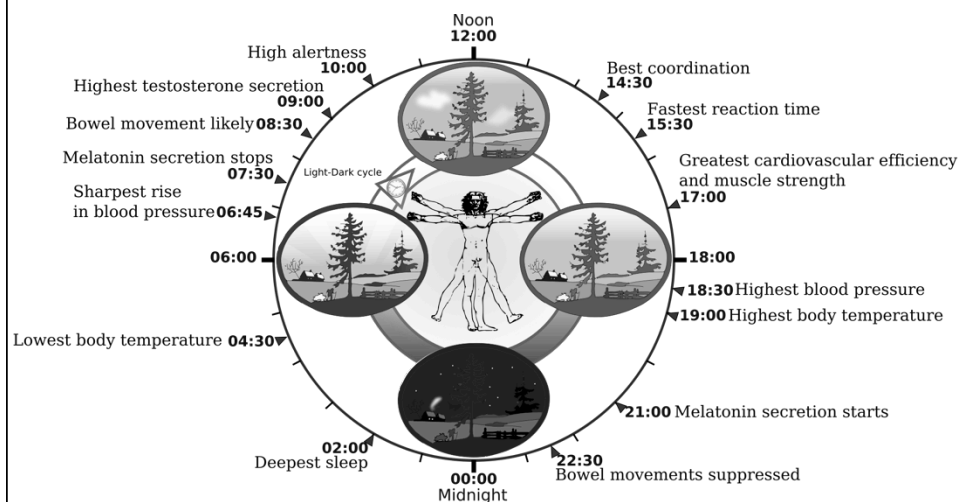


# Biological Rhythms

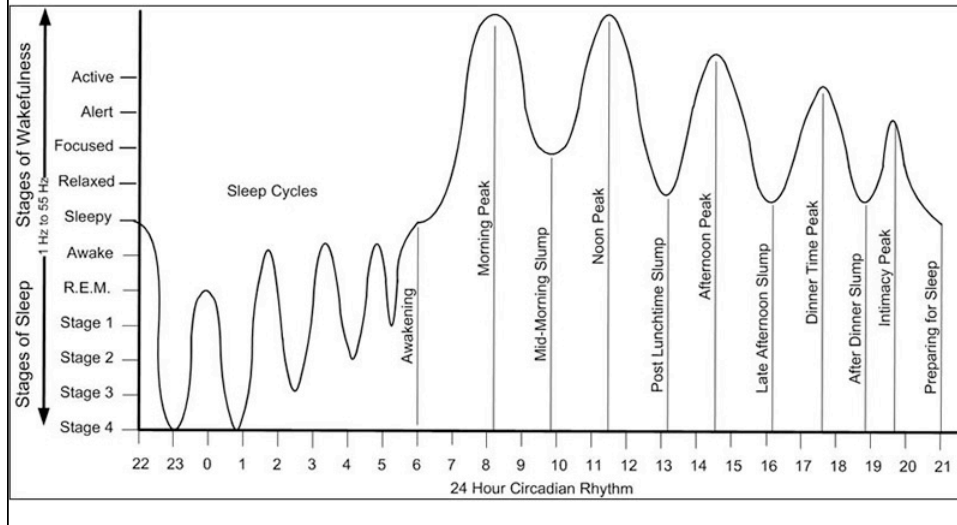
- Periodic physiological (body) fluctuations (changes)
  - Circadian
  - Ultradian
  - Infradian

## Circadian Rhythms

- Occur over the course of one day (24 hours)

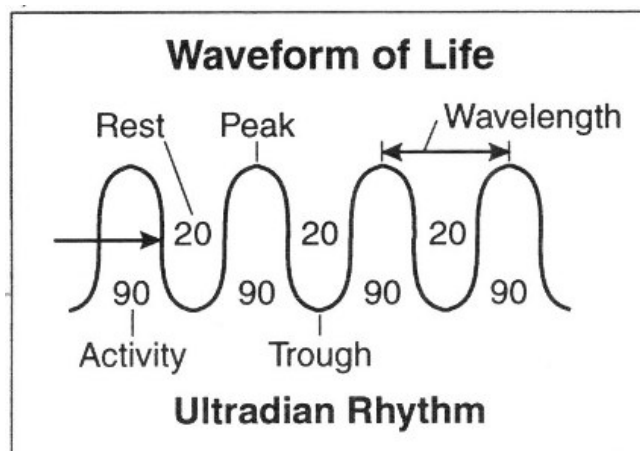


# Circadian Rhythm



# Ultradian Rhythms

- Occur **more than once in a day**, ex. Stages of sleep, rest and activity



## Let's read the article on Ultradian Rhythms

- Answer and annotate for the following questions:
  - Identify the definition of *ultradian rhythms*.
  - Who discovered these rhythms.
  - What are the consequences to a lack of rest and following these rhythms?
  - Have you seen these issues in your days?
  - What does this say about our work and school days?
  - How do you propose we use this knowledge? Would you restructure the day in some way?

## Infradian Rhythms

- Think “infr”equent
- Occur **less than once** a day, ex. Female monthly menstrual cycle.