

SoC Notes 1

Directions: Read pgs. 377-383 and complete this worksheet defining all key terms in your own words, using them in a sentence, and rendering a drawing that symbolizes the meaning of the term. At the end of each section, provide a 3-4 sentence summary of what you read.

Term	Top Box: Definition (IYOW) ♦ Bottom Box: Use in a sentence	Drawing symbolizing the term
Consciousness		
Pseudoscientific Claim		
Biological Rhythms		
Circadian rhythms		

Term	Top Box: Definition (IYOW) ♦ Bottom Box: Use in a sentence	Drawing symbolizing the term
Ultradian Rhythms		
Infradian Rhythms		
PMDD & PMS		
William Dement	Who was he?	Draw a cartoon about his most significant contribution.
	Why is he significant?	

Term	Top Box: Definition (IYOW) ♦ Bottom Box: Use in a sentence	Drawing symbolizing the term
Hypothalamus & Hormones (in relation to sleep)		
Melatonin		

Section Summaries

Directions: Write a 3-4 sentence summary for each section you read below.

1. What is consciousness?	2. How do your body's natural rhythms differ from one another?
3. What are the costs to your body when you don't get enough sleep?	4. How do we benefit from sleeping?