

PsychSim 5: EEG AND SLEEP STAGES

Name: _____ Section: _____

Date: _____

This activity provides an explanation of the measurement of brain activity, as well as the presence of different sleep patterns and their respective functions.

EEG

- How is the brain's electrical activity recorded?

Stages of Sleep

- Complete the following table:

	Characteristic	EEG Pattern
Stage 1		
Stage 2		
Stage 3		
Stage 4		
REM Sleep		

Sleep Thoughts Versus True Dreams

- If people have vivid, realistic dreams during REM sleep, why don't they act out those dreams, perhaps injuring themselves or others?

Purpose of Sleep

- What are the two main purposes of sleep?