1. In 1952, Eugene Aserinsky observed sleeping infants and noticed that as they slept, __________________________ occurred periodically. He theorized these periods might be ____________________________

2. Summarize the results of Aserinsky and Kleitman’s sleep study.

3. Why is your body immobilized during REM sleep?

4. True or False (circle one): Everyone dreams.

5. How did William Dement prevent people from dreaming during his study?

6. What did Dement learn from the sleep study?

    a. The name of this effect came to be known as the ____________________________ effect.

    b. What symptoms did the participants experience from the loss of REM sleep?

7. One way that people may be deprived of REM sleep is through the use of ________________ or other ________________.

8. Research suggests that a greater synthesis of proteins takes place in the brain during REM sleep than during NREM sleep. Some believe that these chemical changes may represent the process of integrating new information into the ____________________________ of the brain and may even be the organic basis for new developments in ________________.

9. How do dreams during NREM sleep differ from dreams during REM sleep?

10. What’s one way you could improve your sleep based on information from this article?