

Section
Quiz

7-1

Sleep and Dreams

SCORE

Matching

Match each item in Column A with the items in Column B. Write the correct letters in the blanks.
(10 points each)

Column A

- D 1. failure to get enough sleep at night in order to feel rested the next day
- C 2. unpleasant dreams
- E 3. sleep disruptions that involve screaming, panic, or confusion
- B 4. sleep disorder in which a person has trouble breathing while asleep
- A 5. condition characterized by suddenly falling asleep or feeling very sleepy during the day

Column B

- A. narcolepsy
- B. sleep apnea
- C. nightmares
- D. insomnia
- E. night terrors

Multiple Choice

Choose the item that best completes each statement or answers each question. Write the letter of that item in the blank to the left of the sentence. (10 points each)

- C 6. Adults spend about _____ of their time asleep in NREM sleep.
 - A. 25 percent
 - B. 50 percent
 - C. 75 percent
 - D. 90 percent
- B 7. Which of the following problems does NOT lead to sleep apnea?
 - A. obesity
 - B. mental stress
 - C. enlarged tonsils
 - D. airway blockage
- D 8. The psychoanalyst _____ believed dreams had hidden meanings.
 - A. Nathaniel Kleitman
 - B. Jacob Lawrence
 - C. Francis Crick
 - D. Sigmund Freud
- D 9. Often your face and fingers twitch and your eyes move rapidly during
 - A. NREM sleep.
 - B. Stage IV sleep.
 - C. Stage III sleep.
 - D. REM sleep.
- C 10. The researcher who believes that dreams are the brain's way of removing unneeded memories is
 - A. Sigmund Freud.
 - B. Nathaniel Kleitman.
 - C. Francis Crick.
 - D. Jacob Lawrence.