**9 Sleep and Biological Rhythms: Multiple Choice Questions for Students**

1. A rhythm with a \_\_\_\_\_ cycle is referred to as a circadian cycle.

1. 24-hour
2. 12-hour
3. 6-hour
4. 48-hour

Answer A

2. The SCN is located in

1. the frontal cortex
2. the posterior parietal lobe
3. a shallow impression in the optic chiasm
4. a shallow impression in the fusiform gyrus

Answer C

3. The rhythms are reset daily by the environmental cues provided by light and dark are referred to as

1. zeitgebers
2. zeitbeggars
3. zeitgivers
4. zeittakers

Answer A

4. The initial sleep cycles each night are characterised by relatively \_\_\_\_\_ periods of REM sleep and \_\_\_\_\_ periods of deep sleep.

1. short/longer
2. long/shorter
3. deep/shallower
4. deep/shorter

Answer A

5. Orthodox sleep is another term for

1. REM sleep
2. NREM sleep
3. daytime sleep
4. night-time sleep

Answer B

6 PGO waves are thought to original from the

1. pre-motor area
2. insular
3. pons
4. parietal cortex

Answer C

7. The raphe nuclei are a subgroup of the reticular nuclei of the brainstem, which is where \_\_\_\_\_ is synthesised.

1. dopamine
2. glutamate
3. serotonin
4. GABA

Answer C

8. REM sleep in humans \_\_\_\_\_ with age.

1. correlates
2. does not correlate
3. stays the same
4. increases

Answer A

9. Rats that experience low levels of oxygen while asleep exhibit neuronal loss in the \_\_\_\_\_ and the cerebral cortex.

1. basal ganglia
2. insular
3. optic chiasm
4. hippocampus

Answer D

10. Sleep enuresis is more commonly known as

1. sleep walking
2. night terrors
3. sleep talking
4. bed wetting

Answer D