

12 Quiz Sleep

ANSWERS

1. Sudden muscular weakness when emotional is characteristic of:

- a. desynchronosis
- b. hypopnea
- c. cataplexy
- d. CPAP

2. Consistently not getting enough sleep builds up:

- a. thalamo-cortical-talamic circuits
- b. sleep debt
- c. glutamate
- d. melatonin

3. Serotonin is secreted by the:

- a. basal ganglia
- b. pineal gland
- c. thalamus
- d. pons

4. The pineal gland is:

- a. the size of a grain of rice
- b. shaped like a pine cone
- c. reddish-gray in color
- d. all of the above

5. The sleep cycle for adults is approximately:

- a. 90 minutes
- b. 60 minutes
- c. 30 minutes
- d. 10 minutes