AP PSYCHOLOGY | UNIT 1

TOPIC 1.5

Sleep

Sleep is an active, cycling state of consciousness that supports memory, restoration, health, and waking performance.



A TYPICAL NIGHT REPEATS THIS CYCLE

NREM 1 — light sleep → **NREM 2** — deeper transition → **NREM 3** — deep sleep → **REM** — vivid dreams

BY THE END, YOU SHOULD BE ABLE TO...

1. Explain circadian rhythm and how jet lag or shift work disrupts it.
2. Compare NREM and REM sleep, dream theories, and sleep functions.
3. Identify major sleep disorders and connect them to waking behavior.

BIG IDEA

Sleep is not the absence of consciousness. Brain activity, awareness, and body state change in organized patterns across the night.

1 Biological timing and sleep stages

Follow the daily clock first, then compare the brain and body patterns within one night.

CIRCADIAN RHYTHM



about 24 hours

Body clock

Light, routines, travel, and work schedules influence sleep and wake timing.

JET LAG **SHIFT WORK** can reduce alertness, mood, and performance

NREM AND REM

NREM 1-3

Stages progress from light sleep toward deep sleep. Hypnagogic sensations may occur while entering Stage 1.

Across the night

NREM and REM periods repeat; deep NREM is more common earlier.

REM

Paradoxical sleep: brain waves resemble wakefulness while the body is highly relaxed. Vivid dreaming is common.

REM rebound

REM may increase after a period of REM deprivation.

WHY SLEEP AND DREAM?

ACTIVATION-SYNTHESIS

The brain interprets internally generated activation as a dream.

MEMORY CONSOLIDATION

Sleep and dreams may organize or strengthen learning.

RESTORATION

Sleep may replenish physical and mental resources.

MEASUREMENT

EEG records electrical brain activity. Distinct EEG patterns help researchers identify sleep stages.

2 When sleep is disrupted

Match each disorder with its defining feature, then connect poor sleep to daytime functioning.

SLEEP DISORDER QUICK GUIDE

Disorder	Defining feature	Possible waking effect
Insomnia	difficulty falling or staying asleep	fatigue; reduced focus
Narcolepsy	sudden sleep attacks	safety and attention risk
Sleep apnea	breathing interruptions	daytime sleepiness
REM behavior disorder	acting out dreams during REM	injury or disrupted sleep
Somnambulism	sleepwalking	safety concerns

DAYTIME CONSEQUENCES

ATTENTION

slower focus and reaction

MEMORY

weaker learning or recall

MOOD

irritability or instability

HEALTH

reduced physical well-being

REGULAR TIMING

Consistent sleep schedules can support alertness and well-being.

SPECIFIC TREATMENT

Different disorders have different causes and require appropriate evaluation.

REMEMBER

A sleep disorder is not just feeling tired. Identify the defining symptom and explain how disrupted sleep affects waking behavior.