**Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Student ID: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Course/Section: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Instructor: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**EEG AND SLEEP**

For this activity, watch the 2 videos posted below and use the information learned from them to answer the following questions:

Sleep and Dreams: <https://youtu.be/iWo90uxkNM0>

Stages of sleep: <https://youtu.be/rMHus-0wFSo>

1. What is an EEG and what does it measure?
2. What are the 4 stages of sleep mentioned in the videos? Provide a brief explanation of each stage and some of its characteristics.
3. What are 4 sleep possible disorders mentioned in the video “sleep and dreams” that can occur? Provide a brief explanation for each.
4. What are some possible ideas mentioned in the video for why we dream?