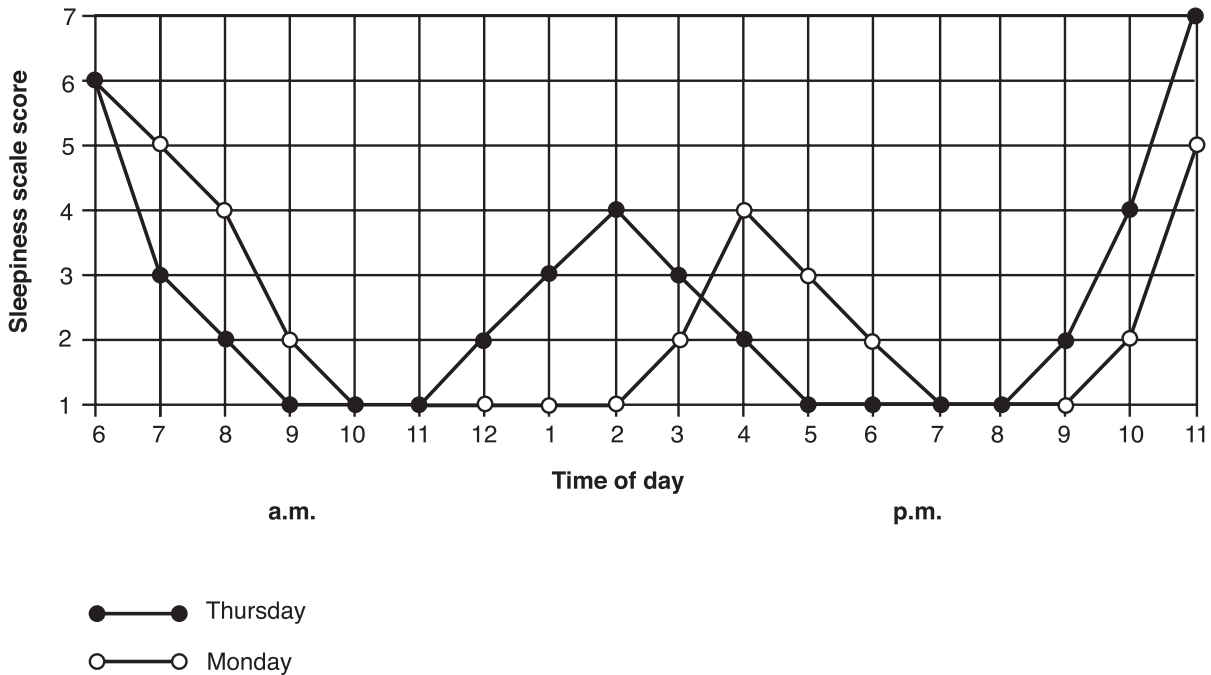


Thinking about Sleepiness and Sleep Cycles

Name _____ Date _____

1. The graph below contains sleepiness scale data from an individual who recorded entries every waking hour during a Monday and a Thursday. Describe how the data for Monday differ from those for Thursday. Can you suggest an explanation for this difference?



2. During the past several activities, you have learned about different types of cycles associated with sleep. List three different cycles and provide a brief description of each one.