

[COURSES](#) > [BA121](#) > [CONTROL PANEL](#) > [POOL MANAGER](#) > POOL CANVAS

## Pool Canvas

Add, modify, and remove questions. Select a question type from the Add Question drop-down list and click **Go** to add questions. Use Creation Settings to establish which default options, such as feedback and images, are available for question creation.

Add [Creation Settings](#)**Name** TestBanks 1 Module 8: Multiple Choice**Description** Question pool for TestBanks 1 Module 8: Multiple Choice**Instructions** [Add Question Here](#)Question 1 **Multiple Choice****0 points****Question**

When working an occasional night shift, people often feel groggiest in the middle of the night but experience new energy around the time they normally would wake up. This best illustrates the impact of

**Answer**

sleep spindles.

alpha waves.

☒ the circadian rhythm.

REM rebound.

[Add Question Here](#)Question 2 **Multiple Choice****0 points****Question**

Circadian rhythm refers to

**Answer**☐ the pattern of emotional ups and downs we routinely experience.☒ a pattern of biological functioning that occurs on a roughly 24-hour cycle.☐ the experience of sleep apnea following an extensive transoceanic flight.☐ the cycle of four distinct stages that we experience during a normal night's sleep. [Add Question Here](#)Question 3 **Multiple Choice****0 points****Question**

With the approach of night, our body temperatures begin to drop. This best illustrates the dynamics of the

**Answer**☐ hypnagogic state.☒ circadian rhythm.☐ alpha wave pattern.☐ REM rebound. [Add Question Here](#)Question 4 **Multiple Choice****0 points****Question**

Most college students are "owls," with performance \_\_\_\_\_ across the day. Most older adults are "larks," with performance \_\_\_\_\_ as the day progresses.

**Answer**

- ✓ improving; declining
- declining; improving
- declining; staying the same
- staying the same; declining

 [Add Question Here](#)

Question 5

**Multiple Choice****0 points**

Modify

Remove

**Question**

Fast and jerky movements of the eyes are especially likely to be associated with

**Answer**

- sleep spindles.
- narcolepsy.
- ✓ REM sleep.
- sleep apnea.

 [Add Question Here](#)

Question 6

**Multiple Choice****0 points**

Modify

Remove

**Question**

Jordanna has decided to go to bed early. Although her eyes are closed and she's very relaxed, she has not yet fallen asleep. An EEG is most likely to indicate the presence of

**Answer**

- delta waves.
- ✓ alpha waves.
- sleep spindles.
- rapid eye movements.

 [Add Question Here](#)

Question 7

**Multiple Choice****0 points**

Modify

Remove

**Question**

A periodic, natural, reversible loss of consciousness that involves distinct stages is known as

**Answer**

- the circadian rhythm.
- narcolepsy.
- manifest dreaming.
- ✓ sleep.

 [Add Question Here](#)

Question 8

**Multiple Choice****0 points**

Modify

Remove

**Question**

Sensory experiences that occur without an external sensory stimulus are called

**Answer**

- night terrors.
- dreams.
- sleep spindles.
- ✓ hallucinations.

 [Add Question Here](#)

Question 9

**Multiple Choice****0 points**

Modify

Remove

**Question**

Hypnagogic sensations are most closely associated with \_\_\_\_\_ sleep.

**Answer**

- ✓ NREM-1
- NREM-2
- NREM-3
- REM

[◀ Add Question Here](#)**Question 10 Multiple Choice****0 points**[Modify](#)[Remove](#)**Question**

The rhythmic bursts of brain activity that occur during NREM-2 sleep are called

**Answer**

- alpha waves.
- circadian rhythms.
- ✓ sleep spindles.
- delta waves.

[◀ Add Question Here](#)**Question 11 Multiple Choice****0 points**[Modify](#)[Remove](#)**Question**

Bed-wetting is most likely to occur at the end of \_\_\_\_\_ sleep.

**Answer**

- NREM-1
- NREM-2
- ✓ NREM-3
- REM

[◀ Add Question Here](#)**Question 12 Multiple Choice****0 points**[Modify](#)[Remove](#)**Question**

During the course of a full night's sleep, people are most likely to spend more time in

**Answer**

- NREM-3 sleep than in NREM-2 sleep.
- ✓ REM sleep than in NREM-1 sleep.
- NREM-1 sleep than in NREM-3 sleep.
- REM sleep than in NREM-2 sleep.

[◀ Add Question Here](#)**Question 13 Multiple Choice****0 points**[Modify](#)[Remove](#)**Question**

At 3 o'clock in the morning, John has already slept for 4 hours. As long as his sleep continues, we can expect an increasing occurrence of

**Answer**

- hypnagogic sensations.
- muscle tension.
- ✓ REM sleep.
- Stage 4 sleep.

[◀ Add Question Here](#)**Question 14 Multiple Choice****0 points**[Modify](#)[Remove](#)**Question**

The brain waves associated with REM sleep are most similar to those of

**Answer** ✓ NREM-1 sleep.  
NREM-2 sleep.  
NREM-3 sleep.  
an awake but relaxed state.

◀ [Add Question Here](#)

Question 15 **Multiple Choice**

**0 points**

Modify

Remove

**Question**

Genital arousal is most likely to be associated with

**Answer** sleep apnea.  
✓ REM sleep.  
NREM-3 sleep.  
sleep spindles.

◀ [Add Question Here](#)

Question 16 **Multiple Choice**

**0 points**

Modify

Remove

**Question**

During REM sleep, your skeletal muscles are relaxed because messages from the motor cortex are blocked by the

**Answer** ✓ brainstem.  
hypothalamus.  
suprachiasmatic nucleus.  
dopamine reward system.

◀ [Add Question Here](#)

Question 17 **Multiple Choice**

**0 points**

Modify

Remove

**Question**

The occasional experience of sleep paralysis is most likely as you awaken from

**Answer** NREM-1 sleep.  
NREM-2 sleep.  
NREM-3 sleep.  
✓ REM sleep.

◀ [Add Question Here](#)

Question 18 **Multiple Choice**

**0 points**

Modify

Remove

**Question**

REM sleep is called paradoxical sleep because

**Answer** our heart rate is slow and steady, while our breathing is highly irregular.  
we are deeply asleep but can be awakened easily.  
✓ our nervous system is highly active, while our voluntary muscles hardly move.  
it leads to highly imaginative dreams that are perceived as colorless images.

◀ [Add Question Here](#)

Question 19 **Multiple Choice**

**0 points**

Modify

Remove

**Question**

After sleeping for about an hour and a half, José enters a phase of paradoxical sleep. He is likely to

**Answer**

- be easily awakened.
- have slower, more regular breathing.
- emit slower brain waves.
- ✓ have very relaxed muscles.

[◀ Add Question Here](#)

Question 20

**Multiple Choice****0 points**

Modify

Remove

**Question**

Three hours after going to sleep, Shoshanna's heart rate increases, her breathing becomes more rapid, and her eyes move rapidly under her closed lids. Research suggests that Shoshanna is

**Answer**

- ✓ dreaming.
- emitting delta waves.
- exhibiting a sleep spindle.
- experiencing a night terror.

[◀ Add Question Here](#)

Question 21

**Multiple Choice****0 points**

Modify

Remove

**Question**

Forty-year-old Lance insists that he never dreams. Research suggests that he probably

**Answer**

- ✓ would report a vivid dream if he were awakened during REM sleep.
- dreams during NREM-1 rather than during REM sleep.
- experiences more NREM-2 sleep than most people.
- cycles through the distinct sleep stages much more rapidly than most people.

[◀ Add Question Here](#)

Question 22

**Multiple Choice****0 points**

Modify

Remove

**Question**

The human sleep cycle repeats itself about every

**Answer**

- 30 minutes.
- ✓ 90 minutes.
- 2 1/2 hours.
- 4 hours.

[◀ Add Question Here](#)

Question 23

**Multiple Choice****0 points**

Modify

Remove

**Question**

Research on sleep patterns indicates that

**Answer**

- older adults and newborns have very similar sleep patterns.
- different sleep patterns reflect differences in latent dream content.
- everyone needs a minimum of 8 hours of sleep per night to function well.
- ✓ sleep patterns may be genetically influenced.

[◀ Add Question Here](#)

## Question 24 Multiple Choice

0 points

Modify

Remove

## Question

The activation of light-sensitive retinal proteins in our eyes signals our brains to decrease production of

## Answer

- ✓ melatonin.
- serotonin.
- acetylcholine.
- dopamine.

[◀ Add Question Here](#)

## Question 25 Multiple Choice

0 points

Modify

Remove

## Question

The circadian rhythm is influenced by light-sensitive retinal proteins that trigger signals to the

## Answer

- ✓ suprachiasmatic nucleus.
- dopamine reward system.
- thyroid gland.
- sleep spindles.

[◀ Add Question Here](#)

## Question 26 Multiple Choice

0 points

Modify

Remove

## Question

Exposure to bright light causes the

## Answer

- thyroid gland to increase the production of melatonin.
- thyroid gland to decrease the production of melatonin.
- pineal gland to increase the production of melatonin.
- ✓ pineal gland to decrease the production of melatonin.

[◀ Add Question Here](#)

## Question 27 Multiple Choice

0 points

Modify

Remove

## Question

Our inability to fall asleep early, as we had planned, is most likely a reflection of

## Answer

- sleep paralysis.
- narcolepsy.
- ✓ the circadian rhythm.
- sleep apnea.

[◀ Add Question Here](#)

## Question 28 Multiple Choice

0 points

Modify

Remove

## Question

After flying from California to New York, Arthur experienced a restless, sleepless night. His problem was most likely caused by a disruption of his normal

## Answer

- change blindness.
- ✓ circadian rhythm.
- hypnagogic sensations.
- sleep paralysis.

[◀ Add Question Here](#)

## Question 29 Multiple Choice

0 points

Modify

Remove

## Question

Which of the following animals tend to sleep the least?

## Answer

- ✓ giraffes
- dolphins
- cats
- bats

[◀ Add Question Here](#)

## Question 30 Multiple Choice

0 points

Modify

Remove

## Question

Bats need a lot of sleep because their high waking metabolism produces \_\_\_\_\_ that are toxic to neurons.

## Answer

- amphetamines
- hypnagogic sensations
- ✓ free radicals
- alpha waves

[◀ Add Question Here](#)

## Question 31 Multiple Choice

0 points

Modify

Remove

## Question

Neural activity that reenacts and promotes recall of prior novel experiences is most closely associated with

## Answer

- hypnagogic sensations.
- ✓ slow-wave sleep.
- REM sleep.
- sleep spindles.

[◀ Add Question Here](#)

## Question 32 Multiple Choice

0 points

Modify

Remove

## Question

Susan is a political cartoonist whose work requires her to think imaginatively and present ideas in visually novel ways. Her work is most likely to be facilitated by

## Answer

- hypnagogic sensations.
- sleep spindles.
- ✓ full nights of sleep.
- delta waves.

[◀ Add Question Here](#)

## Question 33 Multiple Choice

0 points

Modify

Remove

## Question

Compared with when they were only 20 years old, 60-year-olds

## Answer

- ✓ spend less time in deep sleep.
- spend less time in NREM-1 sleep.
- spend more time in paradoxical sleep.
- complete the sleep cycle more slowly.

[◀ Add Question Here](#)

## Question 34 Multiple Choice

0 points

[Modify](#)  
[Remove](#)**Question**

Production of the human growth hormone necessary for muscle development is most strongly associated with

**Answer**

- sleep spindles.
- ✓ slow-wave sleep.
- hypnagogic sensations.
- REM sleep.

[◀ Add Question Here](#)

## Question 35 Multiple Choice

0 points

[Modify](#)  
[Remove](#)**Question**

The best time for athletes to engage in heavy exercise workouts is

**Answer**

- early in the morning.
- shortly before noon.
- ✓ late afternoon or early evening.
- within three hours of bedtime.

[◀ Add Question Here](#)

## Question 36 Multiple Choice

0 points

[Modify](#)  
[Remove](#)**Question**

When 909 working women reported on their daily moods, researchers noted that less time pressure at work mattered \_\_\_\_\_ and a good night's sleep mattered \_\_\_\_\_.

**Answer**

- little; a lot
- a lot; little
- little; little
- ✓ a lot; a lot

[◀ Add Question Here](#)

## Question 37 Multiple Choice

0 points

[Modify](#)  
[Remove](#)**Question**

People who regularly sleep less than normal experience a(n) \_\_\_\_\_ risk of depression and a(n) \_\_\_\_\_ risk of obesity.

**Answer**

- decreased; decreased
- ✓ increased; increased
- decreased; increased
- increased; decreased

[◀ Add Question Here](#)

## Question 38 Multiple Choice

0 points

[Modify](#)  
[Remove](#)**Question**

Sleep deprivation increases levels of the hunger-arousing hormone \_\_\_\_\_ and decreases levels of the hunger-suppressing hormone \_\_\_\_\_.

**Answer**

- melatonin; cortisol
- serotonin; dopamine
- ✓ ghrelin; leptin
- epinephrine; norepinephrine

[◀ Add Question Here](#)

## Question 39 Multiple Choice

0 points

Modify

Remove

**Question**

Sleep deprivation \_\_\_\_\_ the production of body fat by \_\_\_\_\_ levels of the stress hormone cortisol.

**Answer**

- ✓ stimulates; increasing
- inhibits; increasing
- stimulates; decreasing
- inhibits; decreasing

[◀ Add Question Here](#)

## Question 40 Multiple Choice

0 points

Modify

Remove

**Question**

Sleep deprivation has been shown to

**Answer**

- increase attentiveness to highly motivating tasks.
- reduce REM rebound.
- ✓ diminish immunity to disease.
- decrease narcolepsy.

[◀ Add Question Here](#)

## Question 41 Multiple Choice

0 points

Modify

Remove

**Question**

Traffic accident rates have been found to \_\_\_\_\_ after the spring change to daylight savings time and to \_\_\_\_\_ after the fall change back to standard time.

**Answer**

- increase; increase
- decrease; decrease
- ✓ increase; decrease
- decrease; increase

[◀ Add Question Here](#)

## Question 42 Multiple Choice

0 points

Modify

Remove

**Question**

A recurring difficulty in falling or staying asleep is called

**Answer**

- narcolepsy.
- ✓ insomnia.
- sleep apnea.
- paradoxical sleep.

[◀ Add Question Here](#)

## Question 43 Multiple Choice

0 points

Modify

Remove

**Question**

REM sleep is

**Answer**

- inhibited by alcohol and inhibited by sleeping pills.
- ✓ facilitated by alcohol and inhibited by sleeping pills.
- inhibited by alcohol and facilitated by sleeping pills.
- facilitated by alcohol and facilitated by sleeping pills.

[◀ Add Question Here](#)

## Question 44 Multiple Choice

0 points

Modify

Remove

## Question

A need to take larger and larger doses of sleeping pills to avoid insomnia indicates

## Answer

- narcolepsy.
- ✓ tolerance.
- sleep apnea.
- REM rebound.

[◀ Add Question Here](#)

## Question 45 Multiple Choice

0 points

Modify

Remove

## Question

A recurring difficulty in falling or staying asleep is called

## Answer

- narcolepsy.
- ✓ insomnia.
- sleep apnea.
- paradoxical sleep.

[◀ Add Question Here](#)

## Question 46 Multiple Choice

0 points

Modify

Remove

## Question

Which of the following is bad advice for a person trying to overcome insomnia?

## Answer

- Drink a glass of milk 15 minutes before bedtime.
- Avoid taking short naps during the day.
- ✓ Drink a glass of wine 15 minutes before bedtime.
- Don't engage in strenuous physical exercise just before bedtime.

[◀ Add Question Here](#)

## Question 47 Multiple Choice

0 points

Modify

Remove

## Question

Which of the following is the best advice for a person concerned about occasional insomnia?

## Answer

- ✓ Relax and drink a glass of milk before bedtime.
- Eat a big dinner late in the evening so you'll feel drowsy at bedtime.
- Relax with a drink of your favorite alcoholic beverage just before bedtime.
- Engage in some form of vigorous physical exercise shortly before bedtime.

[◀ Add Question Here](#)

## Question 48 Multiple Choice

0 points

Modify

Remove

## Question

Narcolepsy is a disorder in which a person

## Answer

- temporarily stops breathing during sleep.
- has sudden uncontrollable seizures.
- ✓ experiences uncontrollable attacks of overwhelming sleepiness.
- has difficulty falling and staying asleep.

[◀ Add Question Here](#)

## Question 49 Multiple Choice

0 points

Modify

Remove

**Question**

During a heated argument with his teenage daughter, Mr. Reid suddenly lapsed into a state of REM sleep. Mr. Reid apparently suffers from

**Answer**

- ✓ narcolepsy.
- insomnia.
- sleep apnea.
- REM rebound.

[◀ Add Question Here](#)

Question 50

**Multiple Choice****0 points**

Modify

Remove

**Question**

The absence of a hypothalamic neural center that produces orexin has been linked to

**Answer**

- insomnia.
- sleep apnea.
- ✓ narcolepsy.
- night terrors.

[◀ Add Question Here](#)

Question 51

**Multiple Choice****0 points**

Modify

Remove

**Question**

In which of the following disorders does the person repeatedly stop breathing while asleep?

**Answer**

- narcolepsy
- ✓ sleep apnea
- night terrors
- insomnia

[◀ Add Question Here](#)

Question 52

**Multiple Choice****0 points**

Modify

Remove

**Question**

Mr. Oates always sleeps restlessly, snorting and gasping throughout the night. It is most likely that Mr. Oates suffers from

**Answer**

- ✓ sleep apnea.
- narcolepsy.
- night terrors.
- insomnia.

[◀ Add Question Here](#)

Question 53

**Multiple Choice****0 points**

Modify

Remove

**Question**

Particularly among men, sleep apnea is linked with

**Answer**

- night terrors.
- hallucinations.
- narcolepsy.
- ✓ obesity.

[◀ Add Question Here](#)

Question 54

**Multiple Choice****0 points**

Modify

Remove

**Question**

An air pump that keeps the sleeper's airway open and breathing regular is often prescribed for serious cases of

**Answer**

- narcolepsy.
- insomnia.
- ✓ sleep apnea.
- night terrors.

[◀ Add Question Here](#)

Question 55

**Multiple Choice****0 points**

Modify

Remove

**Question**

Night terrors typically occur

**Answer**

- among older adults.
- during REM sleep.
- following sleep apnea.
- ✓ during NREM-3 sleep.

[◀ Add Question Here](#)

Question 56

**Multiple Choice****0 points**

Modify

Remove

**Question**

Nightmares are to \_\_\_\_\_ as night terrors are to \_\_\_\_\_.

**Answer**

- ✓ REM sleep; NREM-3 sleep
- delta waves; alpha waves
- NREM-3 sleep; NREM-1 sleep
- NREM-1 sleep; REM sleep

[◀ Add Question Here](#)

Question 57

**Multiple Choice****0 points**

Modify

Remove

**Question**

Compared with adults, children are

**Answer**

- more likely to experience night terrors and less likely to experience sleepwalking.
- less likely to experience night terrors and more likely to experience sleepwalking.
- less likely to experience night terrors and less likely to experience sleepwalking.
- ✓ more likely to experience night terrors and more likely to experience sleepwalking.

[◀ Add Question Here](#)

Question 58

**Multiple Choice****0 points**

Modify

Remove

**Question**

At 1:00 A.M., Luis gets out of bed and begins to sleepwalk. An EEG of his brain activity is most likely to indicate the presence of

**Answer**

- alpha waves.
- sleep spindles.
- REM sleep.
- ✓ delta waves.

[◀ Add Question Here](#)

## Question 59 Multiple Choice

0 points

Modify

Remove

## Question

Research studies of the content of dreams indicate that

- Answer**
- men are less likely than women to report dreams with sexual overtones.
  - the genital arousal that occurs during sleep is typically related to sexual dreams.
  - ✓ people are more likely to dream of failure than of success.
  - most dreams are pleasant, exotic, and unrelated to ordinary daily life.

[◀ Add Question Here](#)

## Question 60 Multiple Choice

0 points

Modify

Remove

## Question

After suffering a trauma, people commonly report nightmares. One of the benefits of these nightmares is that they help

- Answer**
- prevent paradoxical sleep.
  - reduce sleep apnea.
  - increase REM rebound.
  - ✓ extinguish daytime fears.

[◀ Add Question Here](#)

## Question 61 Multiple Choice

0 points

Modify

Remove

## Question

While soundly asleep people cannot

- Answer**
- talk and dream at the same time.
  - incorporate environmental changes into the content of their dreams.
  - ✓ learn tape-recorded messages to which they are repeatedly exposed.
  - do any of these things.

[◀ Add Question Here](#)

## Question 62 Multiple Choice

0 points

Modify

Remove

## Question

According to Freud, the dreams of adults can be traced back to

- Answer** ✓
- erotic wishes.
  - stressful life events.
  - physiological needs for brain stimulation.
  - random bursts of neural activity.

[◀ Add Question Here](#)

## Question 63 Multiple Choice

0 points

Modify

Remove

## Question

Freud called the remembered story line of a dream its \_\_\_\_\_ content.

- Answer** ✓
- manifest
  - paradoxical
  - hypnagogic
  - circadian

[◀ Add Question Here](#)

## Question 64 Multiple Choice

0 points

Modify

Remove

## Question

As Inge recalled her dream, she was dancing with a tall, dark, and handsome gentleman when suddenly the music shifted to loud rock and the man disappeared. According to Freud, Inge's account represents the \_\_\_\_\_ content of her dream.

## Answer

- paradoxical
- ✓ manifest
- latent
- hypnagogic

[◀ Add Question Here](#)

## Question 65 Multiple Choice

0 points

Modify

Remove

## Question

According to Freud, the latent content of a dream refers to

## Answer

- its accompanying brain-wave pattern.
- the previous day's events that prompted the dream.
- the sensory stimuli in the sleeper's environment that are incorporated into the dream.
- ✓ its underlying but censored meaning.

[◀ Add Question Here](#)

## Question 66 Multiple Choice

0 points

Modify

Remove

## Question

Greg remembered a recent dream in which his girlfriend suddenly grabbed the wheel of his speeding car. Greg's therapist suggested that the dream might be a representation of the girlfriend's efforts to avoid sexual intimacy. According to Freud, the therapist was attempting to reveal the \_\_\_\_\_ of Greg's dream.

## Answer

- paradoxical content
- circadian rhythm
- ✓ latent content
- manifest content

[◀ Add Question Here](#)

## Question 67 Multiple Choice

0 points

Modify

Remove

## Question

Which theory emphasizes that dreams play a role in consolidating the day's experiences in our memories?

## Answer

- wish-fulfillment theory.
- cognitive development theory
- neural activation theory
- ✓ information-processing theory

[◀ Add Question Here](#)

## Question 68 Multiple Choice

0 points

Modify

Remove

## Question

Evidence suggests that we consolidate our memories of recent life events through

## Answer

- circadian rhythms.
- alpha wave patterns.

hypnagogic sensations.

✓ REM sleep.

◀ [Add Question Here](#)

Question 69 **Multiple Choice**

**0 points**

Modify

Remove

**Question**

Brain regions that are active as people learn to perform a visual-discrimination task are especially likely to be active again later as they experience

**Answer**

night terrors.

narcolepsy.

sleep apnea.

✓ REM sleep.

◀ [Add Question Here](#)

Question 70 **Multiple Choice**

**0 points**

Modify

Remove

**Question**

Research indicates that total time spent in REM sleep is especially high in

**Answer**

males.

✓ infants.

females.

older adults.

◀ [Add Question Here](#)

Question 71 **Multiple Choice**

**0 points**

Modify

Remove

**Question**

Which theory suggests that dreams are mental responses to random bursts of neural stimulation?

**Answer**

cognitive development theory

social influence theory

✓ neural activation theory

wish-fulfillment theory

◀ [Add Question Here](#)

Question 72 **Multiple Choice**

**0 points**

Modify

Remove

**Question**

Dreams often involve sudden emotional reactions and surprising changes in scene. This best serves to support the theory that dreams

**Answer**

strengthen our memories of the preceding day's events.

reflect one's level of cognitive development.

prepare us for the stress and challenges of the following day.

✓ are triggered by random bursts of neural activity.

◀ [Add Question Here](#)

Question 73 **Multiple Choice**

**0 points**

Modify

Remove

**Question**

Prior to age 9, children's dreams seem more like a slide show and less like an active story in which the dreamer is an actor. This best illustrates that the content of dreams reflects children's

**Answer**

- latent content.
- growth potential.
- night terrors.
- ✓ cognitive development.

[◀ Add Question Here](#)**Question 74 Multiple Choice****0 points**[Modify](#)[Remove](#)**Question**

REM rebound involves the

**Answer**

- tendency for REM sleep periods to become increasingly longer and more frequent as a normal night of sleep progresses.
- increase in REM sleep that characteristically follows intense learning episodes or stressful daytime experiences.
- unusual symptoms of tiredness and irritability that follow periods of REM sleep deprivation.
- ✓ tendency for REM sleep to increase following REM sleep deprivation.

[◀ Add Question Here](#)**Question 75 Multiple Choice****0 points**[Modify](#)[Remove](#)**Question**

The best indication that dreaming serves a necessary biological function is provided by the fact that

**Answer**

- most dreams are psychologically meaningless.
- the disruption of REM sleep leads to narcolepsy.
- ✓ most mammals experience REM rebound.
- sexual tension is naturally discharged during REM sleep.

[◀ Add Question Here](#)[OK](#)