External Links – Sleep (Ch 6)

http://www.learner.org/vod/vod_window.html?pid=1581
Sleep and Circadian Rhythms
This module covers our natural rhythms and the stages that occur during sleep. It shows the brain's electrical activity over the course of a normal night's sleep, with its REM and non-REM cycles. The remainder of the module is devoted to an experiment conducted by Michel Siffre, a French cave explorer, in which Siffre spends seven months in a Texas cave. Without external cues, the body is shown to have its own built-in clock.

http://www.learner.org/vod/vod_window.html?pid=1582
Sleep: Brain Functions
What is the purpose of sleep? This module sets out to answer this question by exploring the patterns of a woman's sleep and dream cycles in the setting of a sleep laboratory. Characteristics of the five stages of sleep and the typical 90-minute cycle are explained. The module also covers sleep disorders and the current techniques used to treat them.

REM Sleep and Dreaming
This module probes deeper issues relating to sleep and dreaming. The uniquely individual experience of dreaming requires researchers to look beyond conventional methods of study. Dream specialist Dr. J. Allan Hobson discusses the function of dreams, explaining his theory of the biological mechanism behind the phenomenon and reflecting on the contribution of dreaming to human creativity.

http://thebrain.mcgill.ca/flash/a/a_11/a_11_cr/a_11_cr_cyc/a_11_cr_cyc.html
Sleep and Dreams