Review of Week 1
What is Cognitive Science –
- How are the disciplines related and
- What are the main objectives of the field?

The ability to learn and understand language is an extremely complex process. Is there something intrinsic in the human brain that enables language or is it experience?

What does it mean to “read the mind?” What is BCI?

What was special about the robotic hand?

How does cognitive science differ from computer science, neuroscience, philosophy, psychology and linguistics?
Readings – Week 1

- Sleep – Chapter 6

**Brain Facts**

**Chapter 6: Sleep**

**In this Chapter**
- Brain Activity during Sleep
- Sleep Disorders
- How Is Sleep Regulated?
- The Sleep-Wakefulness Cycle
Readings – Week 1

- Why Can’t We Fall Asleep
- The Work We Do While We Sleep
- The Walking Dead
- Clocks Within US
What are the consequences of sleep deprivation?
What is the role of melatonin and light in regulating circadian rhythms?
What is the SCN? What does it do?
How do (human) circadian rhythms work?
What does it do?
What will happen when this rhythm is disrupted?
What are the other internal clock systems that we’ve talked about in class?
How is blood sugar regulated in our body?

Every cell has its own clock, for example, skin cells. What is the clock of the skin cells? What does this tell us about the importance of circadian rhythms?

What factors are associated with our ability to go to sleep?

What is “social jet lag”?

What is so important about blue light?

What are the effects of chronic sleep deprivation? (REM sleep behavior disorder, sleep apnea, etc.)
What is sleep inertia?

What is the cognitive and physical performance of someone who has not slept in a 24 hour period?

What is sleep hygiene?
Compare the effects of good and bad sleep hygiene.
What are the components of good sleep hygiene?

Can sleeping aids overcome the effects of poor sleep hygiene? Why? Why not?