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

How do Pinker and Elman differ in terms of innate language?

The early philosophers thought about the mind and contributed greatly to psychology; what are some of the tools used by cognitive scientists today to understand the how the mind relates to the brain?

How does computer science, neuroscience, philosophy, psychology and linguistics contribute to cognitive science?

What are the theoretical and applied aims of cognitive science?
Readings – Week 1

- Sleep – Chapter 6

**Brain Facts**

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**Chapter 6: Sleep**

- 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 suprachiasmatic nucleus (SCN)? Where is it located? What does it do?

What is a circadian rhythm? 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?

Why are light and food considered to be zeitgebers?
What is insulin? When working properly, does insulin increase or decrease blood glucose levels?

What is glucagon? When working properly, does glucagon increase or decrease blood glucose levels?

Do bacteria display a circadian rhythm?