

Vocabulary Related to Sleep & Memory

Identify the correct definition for each term.

Biological clock

- a A wall clock with animals rather than numbers for hours.
- b An inner watch that helps an animal's body keep track of time.
- c A genetically programmed physiological system that includes the day-to-night cycle.

Circadian rhythm

- a The sound a common insect makes by rubbing its legs together.
- b A daily rhythmic cycle in many animals based on the daily 24-hour interval.
- c A South American dance beat.

Hippocampus

- a A specific section of American veterinary schools.
- b Part of the cerebral cortex in the brain.
- c A tent at a zoo in which baby hippos sleep during their first year of life.

Long-term memory

- a Relates to storage and retrieval of relatively permanent information.
- b A memory from past-life experiences.
- c Another name for a computer hard drive.

Narcolepsy

- a A new brand of caffeinated beverage.
- b A nervous system disorder that causes a sudden need to sleep.
- c A nervous system disorder that makes it difficult for one to wake up in the morning.

Neocortex

- a A portion of the cerebral cortex in the brain that is the center for higher mental functions.
- b A newly formed branch of a river.
- c A new waterproof material.

Neurologist

- a A dog trainer who treats anxious dogs.
- b A biologist who studies birds.
- c A doctor who studies and treats nervous system disorders, including those involving sleep and memory disturbances.

NREM sleep

- a Also called slow-wave stages of sleep, when there is not rapid movement of the eyes.
- b An acronym for a person who moves often; stands for New Room Every Month.
- c A hiking acronym meaning North Rest East Move.

REM sleep

- a Why many students are late for school; stands for Rest Extra Mornings.
- b A natural part of the sleep cycle; stands for rapid eye movement sleep.
- c Another name for snoring.

Short-term memory

- a A common excuse for not finishing one's homework.
- b Relates to storage and retrieval of relatively recent knowledge and events.
- c Another name for an inexpensive computer.

Sleep apnea

- a A medical term for a midnight snack.
- b A disorder in which breathing temporarily stops during sleep.
- c A condition of sore knees after sleeping or napping.

Working memory

- a Information important to remember at work.
- b The term for a short-term memory that's not only stored but also available for immediate use.
- c The part of memory related only to school and work.