

SLEEP

1. What was the prevailing thought regarding sleep for years?
2. Describe two inherent challenges with life as a dolphin.
3. How do dolphins manage to sleep eight hours a day and still breathe air?
4. What happens after a few hours of sleeping with the two ducks on the outside of a log?
5. Explain the theory/hypothesis for why terrestrial mammals can sleep all of the brain at the same time.
6. What is the human analog to sleeping with half a brain?
7. How many Americans experience chronic insomnia?
8. Chemically, what causes us to be/feel tired? What is happening at the cellular level?
9. Why is this phenomenon, identified in question #8, a problem?
10. How does sleep correct the problem identified in question #8?
11. "Sleep is the annihilation of consciousness." Do you agree or disagree? Why?
12. "Sleep helps you remember by forgetting." Explain what this means in light of the discussion on the podcast.
13. Describe how the structure of benzene was discovered (supposedly).
14. What activity was used that caused 60% of test subjects to dream about it?

15. Learning is about _____. How do dreams help us do this?

16. What happens to test subjects two hours into sleep?

17. What is sleep spelled backwards? 😊

18. What part of this podcast did you find most interesting? Why?