Quiz D (hint - do the readings!)

- DO All the READINGS posted online for week 4:

Midterm 1 is Thursday!
Review Session:
Monday, Feb 1
What is cognition?
What is the paradox of choice?
How does cognitive load affect decision making?
How does your brain fill in missing information?
  - How does expectation bias perception?
  - How does context affect our perception?
What is neural plasticity? How does that change as we age?
  - Language learning? Stroke recovery?
What is functional localization?
  - Broca’s area; cerebellum; brain stem; Penfield TMS experiment?
What is the ‘binding’ problem?
Why is important to “feel stupid” when studying science?

Why does it feel “liberating” to feel stupid?

What is the point of doing research?

How do Ph.D. programs do students a disservice?

What is the purpose of the preliminary exam in graduate school?

What is meant by “productive stupidity”?
What happens to your body when you fall asleep?
What is the role of melatonin and light in regulating circadian rhythms?
How does the suprachiasmatic nucleus synchronize the body clocks?
What is a zeitgeber? What are the examples from lecture and readings?
How are we similar to cyanobacteria?
How is the functionality of insulin affected by time of day?
Why does Klerman (in the reading) state: “When you go to bed affects how long you sleep, no matter how tired you are.”?
What factors are associated with our ability to go to sleep?
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?

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

What are the short term effects? What are the long term effects?

How is cognition affected by lack of sleep? Why? Examples?
- How is sleep disruption related to diabetes? Alzheimer’s disease?
- How could lifestyle choices alter the onset of cognitive impairment?
- What is the glymphatic system? How does that relate to sleep?

What is sleep inertia?

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