**Biological rhythms flipped work**- flip 8

For the last part of the biopsychology course we will look at Biological Rhythms. There are three rhythms you need to know well, **Circadian, Infradian and Ultradian Rhythms.** For each you need to be aware of 1. What they are 2. An example 3. How long they last for and 4. Research support.

**Task 1. Instructions: Fill out the table using your pack and watch videos on psych205**

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| --- | --- | --- |
|  | **Endogenous pacemakers** | **Exogenous zeitgebers** |
| **Define** |  |  |
| **Give at least three examples** |  |  |

|  |  |  |  |
| --- | --- | --- | --- |
|  | **Circadian Rhythm** | **Infradian Rhythm** | **Ultradian Rhythm** |
| **How long does it last?** |  |  |  |
| **Examples** |  |  |  |
| **Explain how the following rhythm works**  **Outline one piece of research for each rhythm** | **Sleep wake cycle**  (i.e. Siffre) | **Menstrual cycle** | **Stages of sleep** |

**Task 2 ‘Are you getting enough sleep?’**

**Click on the following link**

<https://sleepfoundation.org/sleep-topics/sleep-drive-and-your-body-clock>

Instructions: Read the article above from the National Sleep Foundation and answer the following questions about teenagers and sleep.

1. Circadian Rhythms in teenagers can cause ‘**Sleep phase delay’** – What is this?
2. What is the average amount of hours teenagers should sleep at night?
3. Between what times is the strongest circadian ‘**dip**’ for teenagers?
4. What controls the circadian biological clock and what exactly is it?
5. What **hormone** is associated with the onset of sleep?
6. In teenagers, what has research shown about melatonin levels?
7. Some teenagers may experience difficulties going to bed early, but what bedtime routines can help?