**independent study on Biopsychology**

* **Biological Rhythms: Circadian, Infradian and Ultradian**

**These notes will provide you with the core knowledge you need for the lessons on this topic.**

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| **Skill** | **Key questions** | **Notes complete** | **How well do you understand this?  Write RED, AMBER or GREEN** |
| **Circadian Rhythms** | | | |
| AO1 | What is a **circadian rhythm** and how long does it last? |  |  |
| A01 | Can you give an **example** of a circadian rhythm? |  |  |
| AO1 | What is an **endogenous pacemaker**? Give an example related to the sleep wake cycle. |  |  |
| AO1 | What is an **exogenous zeitgeber**? Give an example related to the sleep wake cycle. |  |  |
| A01 | How do **endogenous pacemakers** and **exogenous zeitgebers** influence our circadian rhythms (sleep-wake cycle)?  I**nclude details of the SCN, pineal gland, melatonin, light** |  |  |
| AO1 | Write a **summary** of 1 piece of research that has investigated circadian rhythms and why it supports the theory e.g. **Michael Siffre or Aschoff and Weaver** |  |  |
| AO1 | Write a **summary** of the **procedure** and **findings** of research that supports the role of the SCN in the sleep wake cycle. |  |  |
| AO1 | Write a **summary** of the **procedure** and **findings** of research that supports the role of light in the sleep wake cycle. |  |  |
| **Infradian Rhythms** | | | |
| AO1 | What is an **infradian** rhythm and how long does it last? |  |  |
| AO1 | Can you give an example of an infradian rhythm? |  |  |
| A01 | Give details of the **hormones** involved in this rhythm. |  |  |
| AO1 | Write a **summary** of 1 piece of research that has investigated the role of **exogenous zeitgebers on the menstrual cycle.** |  |  |
| **Ultradian Rhythms** | | | |
| AO1 | What is an **ultradian** rhythm and how long does it last? |  |  |
| AO1 | Can you give an example of an ultradian rhythm? |  |  |
| AO1 | What occurs in the different **stages of sleep**? |  |  |
| AO1 | Include a diagram of the sleep cycle in your notes. |  |  |
| AO1 | Write a **summary** of 1 piece of research that has investigated the distinct stages of sleep and the role of REM sleep |  |  |