

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.

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?		
AO1	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.		
AO1	How do endogenous pacemakers and exogenous zeitgebers influence our circadian rhythms (sleep-wake cycle)? Include 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?		
AO1	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		

