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| **Discuss the effects of endogenous pacemakers and exogenous zeitgebers on the sleep-wake cycle** |
| Describe how the sleep-wake cycle is controlled endogenously (use all the biological terminology) |
| Give two P.E.S statements detailing two pieces of research evidence that support the endogenous control |
| Describe how exogenous zeitgebers effect the sleep-wake cycle |
| In P.E.S statements detail two studies that show the effect of zeitgebers on the sleep-wake cycle |
| Write a conclusion detailing the role of endogenous and exogenous factors on the sleep-wake cycle.  |