**Sleep Deprivation and Behavior**

Student Name

Course Number: Course Name

Due Date

The chapter no. 5 is about Sleep Deprivation and Behavior. This most interesting thing in this chapter is about the stages of sleep. I come to know there are different stages of the sleep. Phase I of sleep is the first phase of the dream. When the subject closes the eyes and notices that feeling of numbness is in this phase. Here we find that the subject is conscious and capable of reacting to the stimuli of his environment. It is actually a phase of transition between wakefulness and sleep. Physiologically, there are theta brain waves. This means that EEG activity begins to be synchronized. Although it is still irregular, it is not as irregular as the brain activity of wakefulness.

After 10 minutes in phase I, the subject who is sleeping enters phase II. The subject is now deeply asleep. But if the subject is awakened in this phase, he will not remember having slept. He will insist that he has been awake all the time. It is a preparatory phase for the true conciliatory dream of phases III and IV. After 15 min in phase II, the individual begins phase III. Here is the stadium where restful rest really occurs. Phase III and IV are quite similar, there is simply a change of depth of sleep and effectiveness of it[[1]](#footnote-1).

The most different thing is that the REM phase is that genital activity appears in the form of vaginal lubrication in women and erection of the penis in men, without sexual arousal. This characteristic of REM sleep has been used in the clinical field to distinguish whether the causes of a sexual impotence are psychological or physiological.

Bibliography

Feldman, R. (2014). Understanding psychology (Vol. 10). New York, NY: McGraw-Hill.

1. Feldman, R. (2014). Understanding psychology (Vol. 10). New York, NY: McGraw-Hill. [↑](#footnote-ref-1)