

# CNS-Physiology

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Archive

Lecture 6

Consciousness & sleep

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1) Concerning sleep:

- a. It takes about 16 hours in old person.
- b. it takes about 8 hours in children.
- c. It takes about 6 hours in normal adults.
- d. Facilitated by fatigue and cold exposure.
- e. It shows circadian rhythm synchronized with daily dark light cycle

Answer: e

3) All of the following are INCORRECT related to Non-REM sleep except?

- a) Raphe-nuclei is the center of Non-REM sleep
- b) center of REM sleep is solitarius nucleus

Answer: a

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4) One of the following is true: A- catecholamine drug increase RAS activity B- corticofugal decrease RAS activity C- sensory signal decrease RAS activity D- stimulation of sleep center increase RAS activity

Answer: a

5) Theories of sleep one of the following is true:

- A) Active theory seems to be the real mechanism of sleep.
- B) Passive theory seems to be the real mechanism of sleep.
- C) metabolic theory inhibition of the RAS by fatigue
- D) passive theory means inhibition of the RAS by signals discharged from certain centers.

Answer: a

