**Begin by exploring the sleeping patterns of Karen.**

http://healthysleep.med.harvard.edu/interactive/sleep\_lab

1. Why is it not a good practice to stay up late and sleep in on the weekends?

2. When does one experience hypnic jerks?

3. Describe the condition of a body during Stage 3 sleep.

4. Which stage is the best to wake someone?

**Click on button “Explore Variations”**

5. Compare and contrast the sleeping patterns of a newborn with an elderly person.

6. What do you notice about the sleep pattern of someone suffering from insomnia?

7. What do you notice about the sleep pattern of someone suffering from sleep apnea?