***Chapter 4:***

1. Diagram the connections between the following systems and briefly describe their functions: Central Nervous System, Peripheral Nervous System, Brain, Spinal Cord, Somatic Nervous System, Autonomic Nervous System, Sympathetic Nervous System, and Parasympathetic Nervous System
2. What are the effects/diseases that can be caused by the following neurotransmitters?
   1. Serotonin
   2. Dopamine
   3. Acetylcholine
   4. Norepinephrine
   5. GABA
   6. Glutamate
3. Know the functions of the parts of the brain. You don’t need to answer this question on your study guide, just refer to your brain chart from chapter 4.

***Chapter 5:***

1. What is a circadian rhythm? What are some examples of circadian rhythms?
2. Describe sleep apnea and narcolepsy.
3. Explain what happens in each stage of sleep:
   1. Stage 1
   2. Stage 2
   3. Stage 3
   4. Stage 4
   5. REM
4. Briefly explain the following dream theories:
   1. Dreams a unconscious wishes
   2. Reflections of current concerns
   3. Mental housekeeping
   4. Activation synthesis theory
5. List a few examples of drugs and their effects for the following categories:
   1. Stimulants
   2. Depressants
   3. Opiates
   4. Psychedelic drugs