

Reflections: Normal or Abnormal

Directions: Reflect on your reading of investigation 3.14A to answer the following questions.

1. Which area of the brain controls and regulates body temperature?

2. Which body system acts as our body's furnace?

3. When our body extracts calories from food, into what is that energy converted?

4. Which specialty of medicine focuses on the ways the human body regulates itself and on diseases that affect that control?

5. What electronic device is utilized to control the electrical impulses of the heart?

6. What does any 'normal value' in the human body require?

7. What are two purposes of sleep?
 - a. _____
 - b. _____
8. What are the two main categories of sleep?
 - a. _____
 - b. _____
9. During which phase of sleep do we dream?

10. What special sleep-related skill do dolphins, porpoises, and penguins have?

11. Why do reptiles probably NOT dream about humans?

12. The fact that we get tired and awake at pretty much the same time each day is related to the functioning of our _____

13. Name four types of life events that can cause disruption of our sleep cycle.

- a. _____
- b. _____
- c. _____
- d. _____

14. What two conditions are necessary in order to maintain a healthy sleep schedule?

- a. _____
- b. _____

15. Do you sleep well and feel rested most mornings? If yes, why do you think that happens? If no, which of the necessary conditions would you like to improve?

16. About how many years longer is the life expectancy for women longer than for men in the United States? _____

17. Name two methods that may prove useful in extending lifespan.

- a. _____
- b. _____

18. Which country currently has the longest average lifespan? _____