**Consciousness Chapter Review**

Biological Rhythm

Endogenous

Circadian Rhythm

Suprachiasmatic Nucleus

Melatonin

Internal Desynchronization

Shift Work

Seasonal Affective Disorder

Testosterone

Cortisol

Sleep Apnea

Narcolepsy

Insomnia

Sleep Cycle

Stages of Sleep-Know what happens in each

Rapid Eye Movement Sleep

Lucid Dream

4 Theories of Dreams- Person, How it explained dreams

Manifest and Latent Content

Consolidation