

Candidate 1 evidence

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1a.	<p>Non-REM sleep stands for non rapid eye movement sleep and occurs before you go into REM sleep. There are 3 stages of NREM sleep with the first stage being the stage where you are lightly sleeping but easily woken, second stage is where sleep spindles occur and the third stage is where delta waves occur and if you are woken, you will feel groggy. Oswald believes that NREM sleep is to restore your body and REM is to restore your brain.</p>
b.	<p>Czeisler's study on night shift work's strength was that it found a solution to treat maladaptation of night shift work which can change many people's lives and improve the workers' health. Another strength was that it was well controlled as factors which may affect results were taken into account, and multiple measurements were done to see real results. The fact it was done naturally and without use of drugs is also a strength as it paves a new way into treating maladaptation that's less harmful. A weakness of this study was that certain extraneous variables weren't taken into account as participants were living at home during the day, this includes what they ate or what activities they did. These unconsidered variables could</p>

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	<p>affect results differently. Another weakness is the small adult sample size. Due to it purely being men, it makes it hard to generalise to the wider population as women or people of other age categories may react differently.</p>
1c.	<p>The cognitive theory of sleep believes that sleep is essential to facilitate information processing and consolidating memories. Disruption reorganisational theory believes that sleep is essential for the body and brain as it replenishes neurotransmitters in our brain and restores our muscles and gets rid of waste chemicals in our muscle. Brodie's brain would have been working while she studied and as she had a good crick and Mitchison's reorganisational theory believes that we have 2 types of memories: adaptive and parasitic with adaptive being things that are needed to be remembered and parasitic being useless memories. During a good night's sleep, a good amount of REM sleep occurs and REM sleep is the stage of sleep where parasitic memories are removed from our brain to create more space. An example which proves this theory is that certain animals such as dolphins have larger brains and this is thought to be due to the fact they don't have REM sleep and therefore need larger brains to</p>

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	<p>store both types of memory. This is helpful for Brodie's exam as the fact that she got a good night's sleep means that she had enough REM sleep to facilitate memory consolidation and information processing and her brain has kept the important information she needs but has also created more space due to removal of parasitic memories. Crick & Mitchison believe that we dream and sleep in order to forget - this is called reverse learning. Neural computer networks prove this as the brain gets overloaded due to too much information and reverse learning solves this problem. Other theories which could explain Brodie's situation is Oswald's restoration theory. Oswald believes that sleep - specifically REM is needed to restore our minds and body. This explains Brodie's situation as due to her good night's sleep, her body and mind is fully fresh and restored for her exam causing her to perform better.</p>