Questions for Sleep Article Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. What is FFI?
2. Why do we sleep?
3. Do animals sleep? Give some interesting examples.
4. when do we dream?
5. what are the two sleep problems that Clete Kushida notices in intake interviews?
6. Describe them.

1. How do you cure them?
2. What is good sleep hygene?
3. what was sleep like before the modern era?

10. Describe what the Spanish are doing about sleep deprivation.