

## Some Awakening Questions

1. What is meant by REM sleep?
2. What was the aim of Dement and Kleitman's experiment?
3. Outline the three research questions/hypotheses in this study.
4. Describe the sample used in the experiment.
5. Explain one criticism of this sample.
6. Explain one strength of this sample.
7. Why do you think the participants were asked to abstain from alcohol or caffeine on the day of the experiment?
8. Identify one possible confounding variable (i.e. something that could have been controlled) in the study.
9. What is an EEG used for?
10. What did the participants have to do every time they were woken up?
11. Sum up Dement and Kleitman's findings in relation to their three hypotheses.
12. What is meant by ecological validity?
13. Suggest four ways in which the experiment may lack ecological validity.
14. Suggest a different way in which the same aim could be investigated.
15. Give one strength and one weakness of this new method.