

## Checkpoint #2

## SEX, SLEEP, EAT, DRINK, DREAM

### Book Questions

1. What percent of cells in the human body are microbial (not of human origin)?
2. What is the optimal amount of sleep for an adult?
3. What is sleep inertia?
4. What are “larks” and “owls” (not birds)?
5. What is the function of the suprachiasmatic nucleus?
6. How and where is smell perceived?
7. “Is my red your red?”
8. What is “inattention blindness?”
9. Is multitasking as efficient as performing tasks independently? Why or why not?
10. When is mental concentration at its peak in the day?
11. In terms of the biology of learning, why does practice make perfect?
12. What causes the growl of a stomach?
13. Describe the functions of ghrelin and leptin?
14. Which foods can be eaten to: boost mood? Relieve pain?
15. On average, how many hours a day are spent chewing food?
16. What causes bad breath?
17. List functions of beneficial bacteria in the mammalian body?
18. How long (on average) does it take a meal to be completely digested and passed?
19. What is the function of yawns?
20. Where in the brain is fear triggered, and how long does it take?
21. What are some strategies for reducing stress?
22. Why is it better to exercise late in the day?
23. Why is 15 minutes of daily laughter good for your heart?
24. What factors affect BAC?
25. What evidence is there that humans use pheromones to communicate unconsciously?
26. What are the functions of the hormone oxytocin?

### *Take-Aways*

1. Describe three “take-aways” from the book. What did you learn while reading it?
2. What topics in class did the book help you understand better?
3. What questions do you still have about the topic and why?