

Name _____

Date _____

Teacher _____

Interpreting an Average Sleep Graph

Study the attached graph to answer the following questions.

1. At what times did this average person dream?
2. What time had the highest frequency brain waves?
3. What was the frequency at the time listed above?
4. How many dreams did this average person have?
5. How much time is there between the dreams of this average person?

Match the wave pattern with the activity.

6. Awake and zoned out in front of the T.V.
7. Asleep and dreaming.
8. Asleep with a slow pulse, no eye movement.
9. Awake and concentrating on a game

