1 Sleep, drugs, and the biology of behaviour – Part 2 — Answers

Answers

Work through these after you have tried the questions yourself.

2.1 vivid dreaming; it is a distinct stage of the sleep cycle.
2.2 the proportion of REM rises through the night, so most of it falls in the hours that are lost.
2.3 an agonist mimics or increases a neurotransmitter's effect; an antagonist blocks it.
2.4 antagonist - it occupies the receptor so the real neurotransmitter cannot bind, and it produces no effect itself.
2.5 the same dose produces less effect after repeated use.
2.6 the body physically adjusts to repeated exposure, so the reduced effect follows from that adjustment rather than from the person's choices. \