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AQA A2 Psychology Unit 3: Topics in Psychology: Biological Rhythms and Sleep: Unit 3

By Simon Green, Mike Cardwell

HarperCollins Publishers. Paperback. Book Condition: new. BRAND NEW, AQA A2 Psychology Unit 3: Topics in Psychology: Biological Rhythms and Sleep: Unit 3, Simon Green, Mike Cardwell, Aggression contains the key information for this AQA A2 Unit 3 topic, clearly laid out with examiners' notes and essential notes to help students succeed in the exam. An exam section contains sample papers with answers at A and C grades and detailed comments from AQA examiners on how to move up from a lower grade and secure a higher one. Biological Rhythms and Sleep contains all the key information for this AQA A2 Unit 3 topic. The revision content and exam practice sections are matched to the 2009 and 2012 AQA specifications and include: * Circadian rhythms * Infradian rhythms * Ultradian rhythms * Endogenous pacemakers * Exogenous zeitgebers * Shift work * Jet lag * The nature of sleep * Evolutionary explanations of the functions of sleep * Restoration theory * Life changes in sleep * Insomnia * Sleep walking * Narcolepsy * Exam practice section with sample papers and answers * Glossary of key terms * Index.



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