

Match the words to the possible meaning

Cope with stress

Moody people get angry

Shuteye is essential

REM sleep

Replenish

Stroke takes place in the brain

Build up of toxins

A Slumber makes you comfortable

People **reload** their energy with sleep

It is better to have a comfortable **bed**

toxins **accumulate** in the system

She can be **choleric**

Check the symptoms before a **body blow**

Rapid eye movement is a sleep stage

napping is a must for humans

She can **manage** stress very well

Watch the video and complete the activities

Losing sleep has been linked to:

- ☐ A Increased inflammation
- ☐ B High blood pressure
- ☐ C Obesity
- ☐ D All of the above
- ☐ E None of the above

Which substance mentioned in the video builds up and causes 'sleep pressure'?

- ☐ A Adenosine
- ☐ B Glutamine
- ☐ C Histamine
- ☐ D Glycine
- ☐ E None of the above

By the end of Randy Gardner's experiment, he experienced:

- ☐ A Hallucinations
- ☐ B Concentration problems
- ☐ C Short-term memory problems
- ☐ D Paranoia
- ☐ E All of the above

Explain how the stimulant caffeine can keep our brain alert.

How much sleep do adolescents need?

- ☐ A 5-6 hours
- ☐ B 9-10 hours
- ☐ C 7-8 hours
- ☐ D 12-13 hours
- ☐ E 2-3 hours

Which process is theorized to be critical for sleep's role in maintaining health?

Studies show that approximately ____ percent of adolescents are sleep deprived

- ☐ A 95
- ☐ B 66
- ☐ C 75
- ☐ D 80
- ☐ E 30

What are some of the cognitive effects of sleeplessness?