Match the words to the possible meaning

Cope with stress	People **reload** their energy with sleep
Moody people get angry	It is better to have a comfortable **bed**
Shuteye is essential	toxins **accumulate** in the system
REM sleep	She can be **choleric**
Replenish	Check the symptoms before a **body blow**
Stroke takes place in the brain	**Rapid eye movement** is a sleep stage
Build up of toxins	**napping** is a must for humans
A Slumber makes you comfortable	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) Histaminen
- 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.

LIVEWORKSHEETS

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?

LIVEWORKSHEETS