

## 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**

**Shut-eye** 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 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 68
- C 75
- D 80
- E 30

What are some of the cognitive effects of sleeplessness?