

Lack of sleep

Watch the SciShow Episode: Sleep: Why We Need It and What Happens Without It

Sleep: Why We Need It and What Happen...

When done the video answer these questions to show your understanding
Put an X by the correct answer, or answer the question directly if needed.

1. How long do you spend your life sleeping
 - ☐ 25 years
 - ☐ 35 years
 - ☐ 45 years
2. In your brain there is a timer that tells you that you need to sleep
 - ☐ Yes
 - ☐ No
3. Caffeine tricks the brain so that it thinks it's not tired.
 - ☐ Yes
 - ☐ No
4. All mammals and birds sleep.
 - ☐ Yes
 - ☐ No
5. Lions sleep 15 hours a day.
 - ☐ Yes
 - ☐ No

6. Humans use about 25% less energy when they're sleeping
☐ Yes
☐ No
7. Sleep is when you grow muscle tissue.
☐ Yes
☐ No
8. Our brains do not need sleep as much as our bodies do.
☐ Yes
☐ No
9. Sleep is when our brains store and replay the events of the day
☐ Yes
☐ No
10. Sleep reinforces memories.
☐ Yes
☐ No
11. Sleeping can be compared to defragging a hard drive and a computer.
☐ Yes
☐ No
12. How many hours is it recommended that you sleep at night? ____
13. True or false teenagers need more sleep ____
14. How many car accidents are caused by sleepy drivers each year...
☐ 200 000
☐ 20 000

☐ 2 000

15. Lack of sleep can cause a lack of logical reasoning and emotional jello.

☐ Yes

☐ No

16. Lack of sleep can cause you to become anxious and suspicious of everyone, and the longer you go without sleep the worse it is for you.

☐ Yes

☐ No

17. Memory and speech control also suffered due to lack of sleep.

☐ Yes

☐ No

18. A lack of sleep after 1 week can expose you to a host of illnesses.

☐ Yes

☐ No

19. Can a lack of sleep actually kill you?

☐ Yes

☐ No