

SLEEP IS YOUR SUPERPOWER.

Watch the video and complete the statements below by choosing the correct letter.

1. Why do we need sleep after learning?

- a) To make room for new memories.
- b) To commit what we've learned to memory.
- c) To prepare our brain.

2. Without sleep, memory circuits are or become

- a) synched up.
- b) saturated.
- c) intertwined.

3. In the study mentioned by the speaker, the researchers wanted to examine whether

- a) spending a whole night awake was a good idea.
- b) sleeping for too many hours was a good idea.
- c) depriving participants from sleep for a few days was a good idea.

4. In the study, the deprivation group

- a) was allowed to occasionally doze off.
- b) drank coffee.
- c) were not allowed any help to keep themselves awake.

5. Results from the MRI scans of the two groups were

- a) considerably different.
- b) alike.
- c) hard to measure.

6. In order to see what produces learning disabilities when you deprive someone from sleep, the speaker and his team examined

- a) the immune system.
- b) the brain.
- c) people's learning strategies.

7. By studying what happens when you are sleep-deprived, they found that

- a) there is plenty of healthy learning-related activity.
- b) signals in our memory inbox light up.
- c) new memories cannot be formed.

8. The next question that the speaker addresses is about

- a) how brainwaves can be reinforced during sleep.
- b) what it is that sleep does that improves both our memory and learning abilities.
- c) whether memory is restored during the deepest stages of sleep.

9. The speaker says that the combined quality of deep-sleep brainwaves

- a) turns short-term memories into long-term memories.
- b) reinforces the creation of new short-term memories.
- c) creates connections among different memories.

10. What does the speaker say is significantly interrelated?

- a) Aging and the quality of deep sleep.
- b) Alzheimer's and youth.
- c) Deep sleep, light sleep and aging.

