

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