

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