



Activity 1



Noor is learning about how technology can affect sleep.

Explain how technology can affect sleep.

Use the words to fill in the blank spaces.

active

many

sleep

chemicals

screen

blue

In modern society, you may spend hours using computers and other devices for communication, productivity and recreation. But these devices can affect your

When you use your phones or other devices, your brain gets excited, works harder and starts to use more energy. If your brain is, it will be more difficult for you to sleep.

There are in the body that help control the wake and sleep cycle. These chemicals change when it is day or night. During the day, the chemicals make you feel awake, and at night the chemicals make you feel sleepy.

The light from device screens can influence the chemicals in your body. When you look at a, your brain thinks it is daytime and does not want to sleep. Some devices have an option to have the blue light However, the best thing to do is to stop using your devices late at night.