

VIDEO ACTIVITY: SLEEP

Watch the video



6 tips for better sleep | Sleeping with Science, a TED series

Complete the information part I

REGULARITY

- Go to bed _____ and wake up _____
- It will improve both, the quality and _____ of sleep.
- Our biological clock expects _____.

TEMPERATURE

- Keep it _____; our brain and body need to drop our temperature by _____.
- Aim to a room temperature of _____ ° F / _____ ° C

DARKNESS

- We need darkness to release _____ called _____
- In _____ before bed, try to stay away from _____
- You can wear a _____ or have _____

WALK IT OUT

- a. Don't _____ in bed for _____.
- b. If you are having problems getting to sleep, the recommendation is _____.

MONITOR ALCOHOL and CAFFEINE

- a. A good rule of thumb here is to stay away from _____ in the afternoon.
- b. Don't go to bed too _____.

WIND DOWN ROUTINE

- a. We think is like a _____ that we should immediately be able to _____.
- b. Sleep as a physiological process is much like _____.
- c. In the last _____/_____ minutes or even in the last _____ disengage from your _____, your _____ and try to _____.