

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