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 [illegible] thing to do is to stop using your devices late at night.

LIVEWORKSHEETS