

Sleep that heals hurt minds...

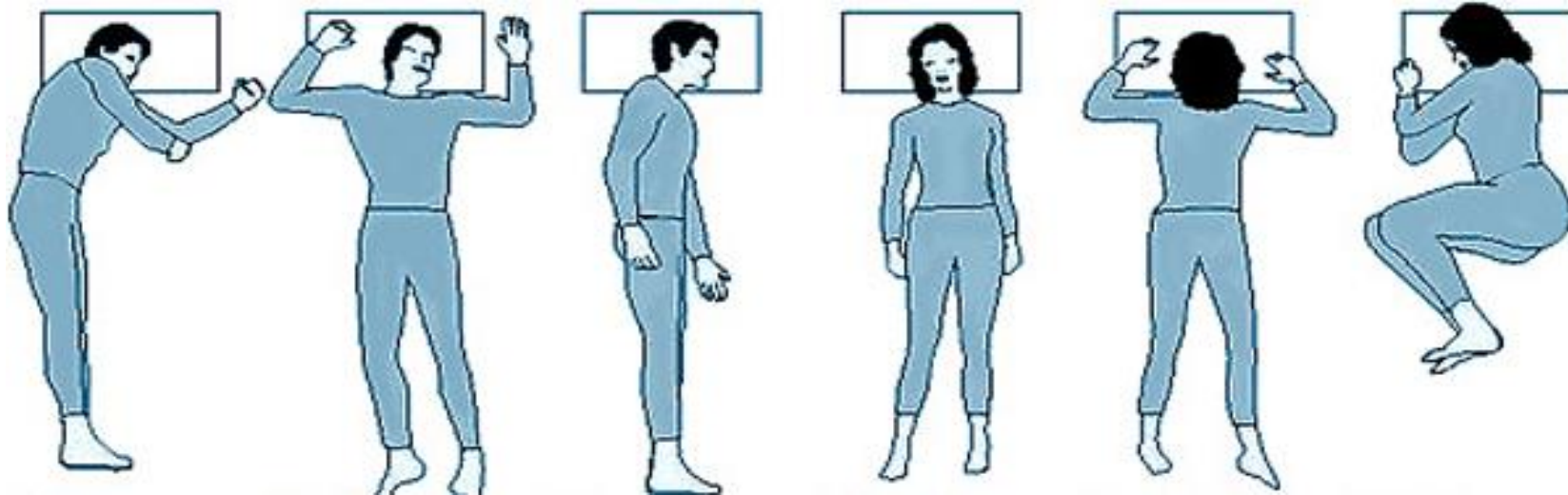
L.O: to understand the mental and physical impact of insufficient sleep

DNA: Have a look at the six sleeping positions below. According to some studies, sleeping positions can link to one's personality.

Predict the personality trait you think these sleeping positions are linked to

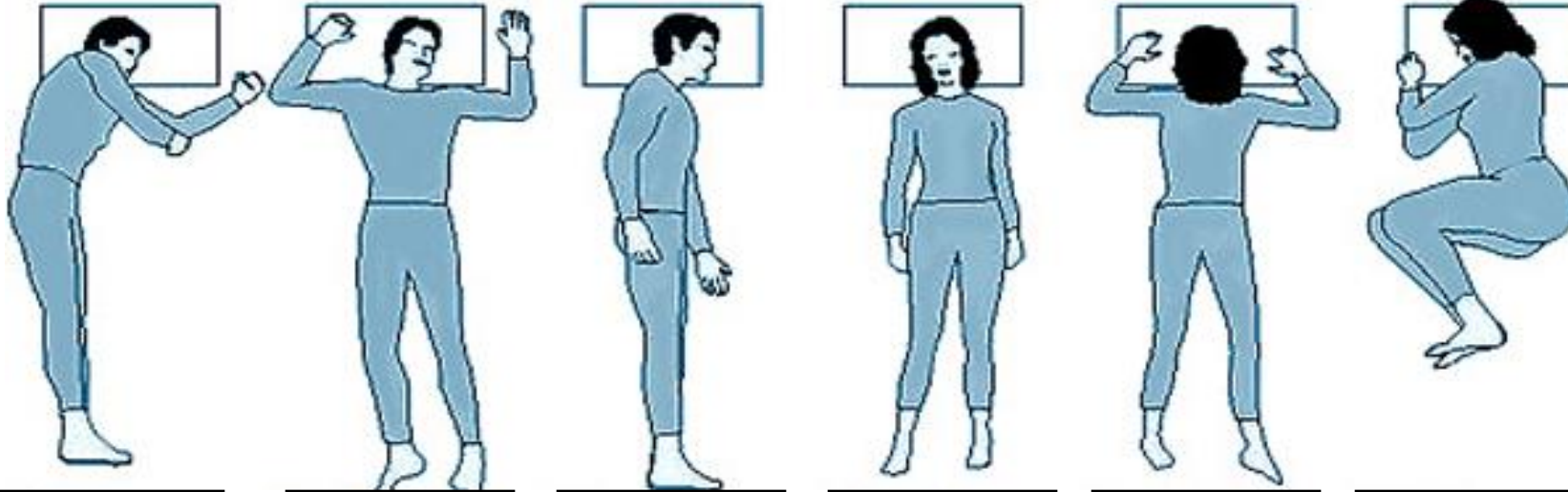
Key vocabulary

Deprivation
Cognition
Fatigue
Irritability



Humanity * Equality * Aspiration * Respect *

Links to Personality Traits



The Yearner
A suspicious person with a very rational approach to life

The Starfish
A good listener who likes to help whenever needed

The Log
Easy going and social; can be perceived as too gullible

The Soldier
Quiet and reserved; loathes noisy social scenes

The Freefaller
Appears brash; cannot cope with criticism

The Foetus
Seems tough but is really a sensitive and shy person

To what extent do you agree with the findings of this research?
Do you think there are other factors that affect our personality?

The Science Behind Sleep

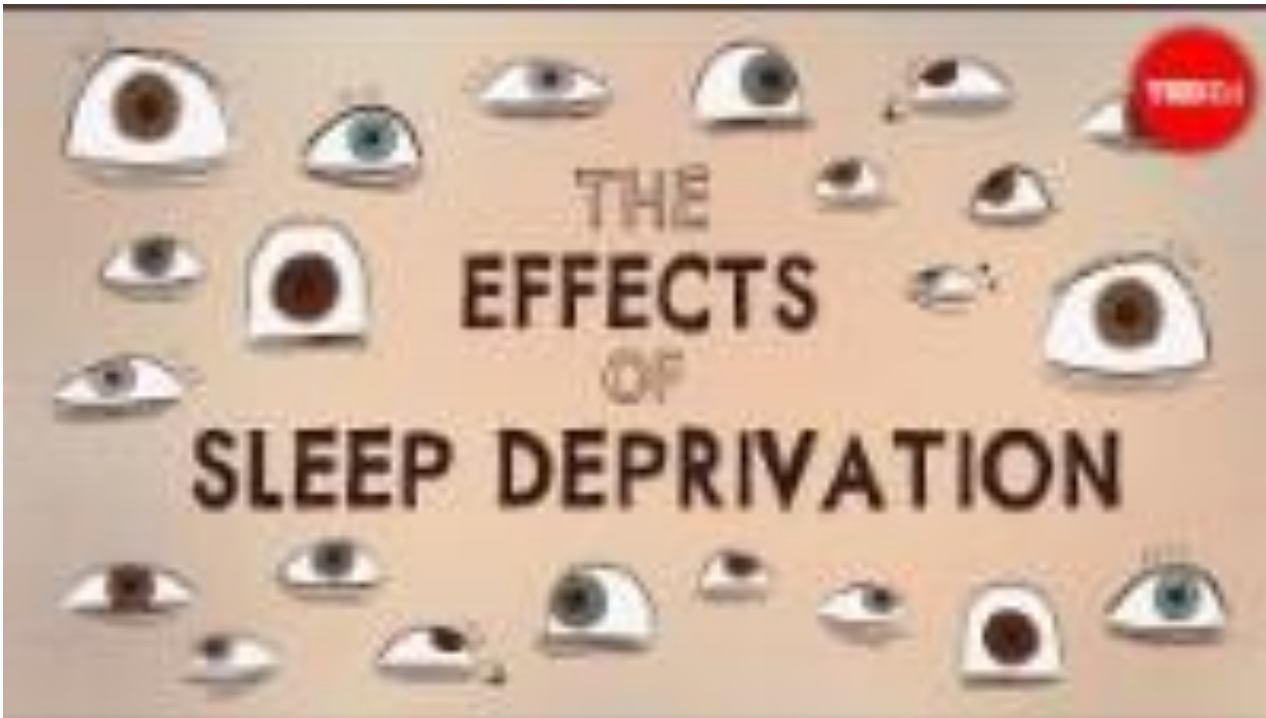
- Sleep is an essential function that allows your body and mind to recharge, leaving you refreshed and alert when you wake up.
- An internal “body clock” regulates your sleep cycle, controlling when you feel tired and ready for bed or refreshed and alert. This clock operates on a 24-hour cycle known as the **circadian rhythm**.
- After waking up from sleep, you’ll become increasingly tired throughout the day. These feelings will peak in the evening leading up to bedtime.
- This sleep drive – also known as sleep-wake homeostasis – may be linked to adenosine, an organic compound produced in the brain. Adenosine levels increase throughout the day as you become more tired, and then the body breaks down this compound during sleep.
- Light also influences the circadian rhythm. The brain contains a special region of nerve cells which processes signals when the eyes are exposed to natural or artificial light. These signals help the brain determine whether it is day or night.
- As natural light disappears in the evening, the body will release melatonin, a hormone that induces drowsiness. When the sun rises in the morning, the body will release the hormone known as cortisol that promotes energy and alertness.

Why must we ensure that our internal body clock is well-regulated?

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Effects of Sleep Deprivation

<https://www.youtube.com/watch?v=dqONk48I5vY>



- Write down 5 key facts you learned during this video
- What is fatal familial insomnia?
- What does it mean when it says that sleep can be restorative?

Case Study

Read the case study below and discuss in your pairs how you would help this person.

Then, write down some words of advice that you would give.



Hailey came home from school at 4pm. She ate a snack and decided to relax for a few hours before starting homework. During this time, Hailey spoke to her friend on the phone, scrolled through social media, watched a few episodes of her favourite show and then ate dinner. 5 hours have passed and it is now 9pm. Hailey realises that she has not revised for her upcoming test the next day nor has she completed her homework. She tries to sleep but the stress of the test is keeping her up. Hailey goes on her phone to watch revision videos. It is now 2am and Hailey cannot get to sleep.

Consider:

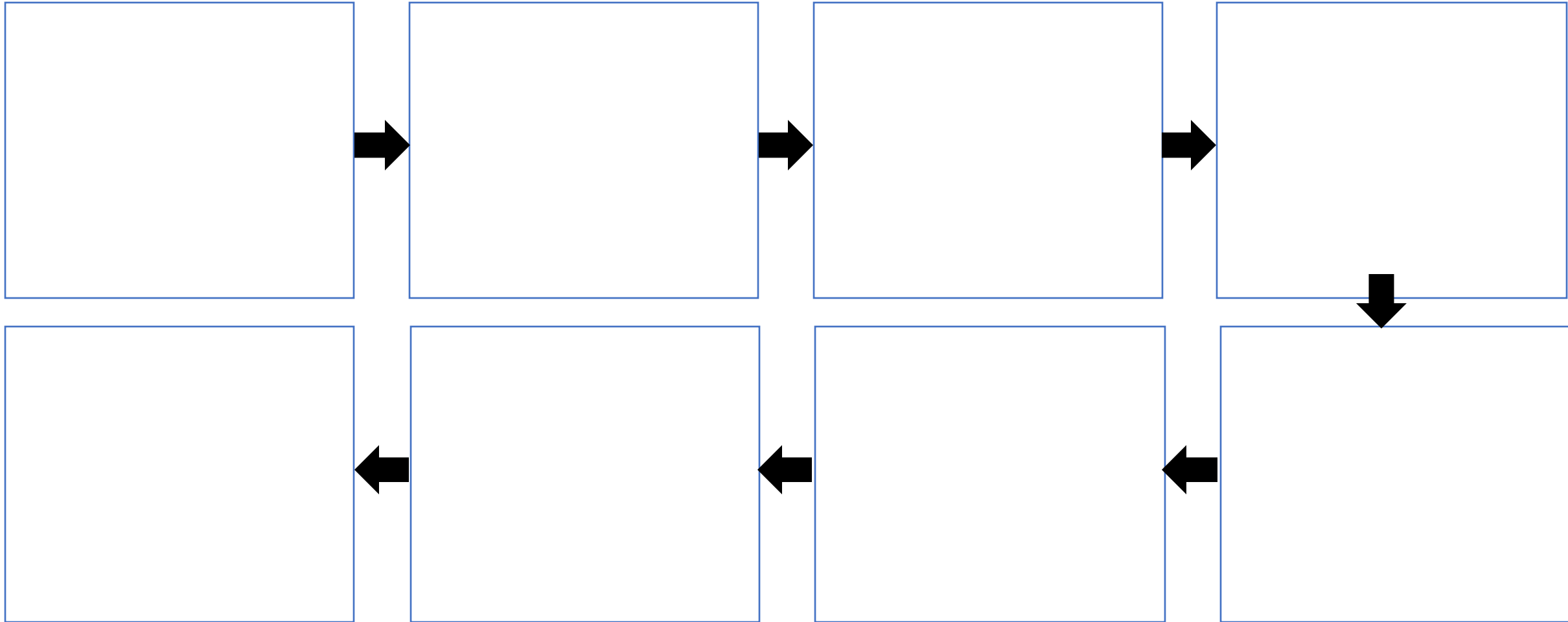
- Using your senses to create the best environment for sleep wherever you can.
- How can this person create a comforting and relaxing environment?

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Main task

Creating a comic strip

Create a short comic strip to educate teenagers about the effects of 'sleep deprivation'. Remember to write a caption underneath to explain what is happening.



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Plenary

Fill in the blanks

Sleep is the rest cycle of the _____ and _____. Health care professionals recommend that teenagers should sleep for an average of ___ to ___ hours daily. There are many health benefits associated with giving our body enough sleep and it is believed that sleep is the key to _____. Getting enough sleep gives us _____ throughout the day and reduces the chances of us making _____ and helps us _____ better at work or school. If we have been doing exercise or sport, sleep can help _____ faster. It is important to get enough sleep as children and teenagers to help the body and its functions _____. One important example is the _____, as it is at its peak of development during the teenage years. As well as physical benefits, sleep can help improve _____ and _____.

