



Sleep deprivation is a global issue in all the major cities around the world where the amount of sleep decreasing over decades. Now, the decrease is growing with the **onslaught** of the COVID-19 pandemic.

Stress plays a major role in how we sleep. People are meant to have some kind of routines, and many people lost them during the pandemic and especially during lockdowns. People woke up and went to sleep at odd times, they ate at odd times, and all of that definitely affected their **biological rhythms**.

Sleep is essential to health, along with nutrition and good exercise. Good quality and good quantity sleep keeps us healthy, and the lack of sleep adds to increased risk of heart disease, obesity, diabetes, and mood disorders. It also affects our higher thinking functions such as problem solving, planning, decision making, risk-taking and, controlling our impulses. People tend to think that they have to sleep less so that they can work more.

Difficult words: **sleep deprivation** (not getting enough sleep over a long period of time), **onslaught** (a sudden attack), **biological rhythm** (when your body tells you it is time to do something like eat or sleep).

**Discussion Questions****Topic Talk**

1. Define the following words: *sleep deprivation*, *onslaught* and *biological rhythm*
2. Who are more likely to experience sleep deprivation, people living in major cities or people living in rural areas?
3. How does the onslaught of the pandemic affect people's sleep?
4. What affected our biological rhythms during the pandemic, especially during lockdowns?
5. What are the risks connected to lack of sleep?

Express Your Thoughts

1. Do you make sure you get good quality and quantity of sleep everyday?
2. How many hours of sleep do you normally get a day?
3. Did you experience sleep deprivation during lockdowns?
4. Did you realize that stress plays a major role in how we sleep?
5. Was your biological rhythm affected during the pandemic?