

How Much Sleep Do You Actually Need

VOCABULARY

- ***Groggy** – weak and unable to think or move well because you are ill/sick or very tired
- ***Cumulative Effect** – the state in which a series of repeated actions have an effect greater than the sum of their individual effects
- ***Sleep Debt** – the cumulative effect of not getting enough sleep
- ***Chronic Sleep Deprivation** – refers to the case of getting insufficient sleep or experiencing sleeplessness over an extended period of time.

COMPREHENSION

1. On average, how much of our lives is spent sleeping?
2. What is the average ideal hours of sleep per night?
3. How did people with a consistent 8 hours of sleep fare compared to those with 4 hours or 6 hours?
4. How does consistently sleeping less than 7 hours affect the body and brain?
5. What risks are involved with “too much” sleep?

LET'S TALK

1. Do you get enough sleep? *If No*, what prevents you from getting a good night's sleep? And what can you do to improve your sleeping habits?
2. What usually happens when you can't get a good sleep at night?
3. Are you as efficient and productive when you don't get enough sleep as when you get a night of quality sleep?