

Got Sleep?

I'm sure there have been times when you have had trouble sleeping at night.

Think back to when this might have happened.



1. Explain one reason why you had trouble sleeping.
2. Did you finally get to sleep? Do you remember how?
3. Not getting a good night sleep can affect your day. Think back to when you may have not gotten enough sleep. How did it affect your day (positively or negatively)? Explain by giving one example of what happened that day.
4. Why do you think sleep is important?
5. Use the internet to find one scientific reason that everyone needs sleep and how it helps us.