

## What happens when we sleep?

### Introduction

Do you think getting enough sleep is important? Why? / Why not?

### Video : What happens when we sleep? | The Economist

Watch the video: [https://youtu.be/eTgNgGO\\_bLs](https://youtu.be/eTgNgGO_bLs)

Answer the following questions, you may need to watch it more than once:

- 🔊 What is the other commonly used term for “Circadian Rhythm” mentioned in the video?
- 🔊 What do you understand about the 4 different stages of sleep?
- 🔊 What three things are mentioned that have changed our sleeping habits?
- 🔊 How many hours of sleep should we be getting to avoid chronic conditions such as obesity, diabetes and heart disease?

**Bonus question:** Did you spot any synonyms for the word “sleep”? Clue: There is one at the beginning and one at the very end of the video.

### Discussion:

What do you know about the following things mentioned in the video:

- 🔊 Melatonin
- 🔊 Circadian Rhythm

How does a lack of sleep affect you? Think about

- 🔊 At work/your studies
- 🔊 At home
- 🔊 Relationships

What do you think helps you sleep?

What things do you think can prevent you from sleeping?

Why do you think lack of sleep has become such a significant health crisis in recent times? Think about

- 🔊 Lifestyle & Technology
- 🔊 Changes in how we work
- 🔊 Education