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| **SNOOZE OR LOSE: HOW IMPORTANT IS SLEEP?**  |

**Overstimulated, overscheduled kids are getting at least an hour’s less sleep than they need, a deficiency that, new research reveals, has the power to set their cognitive abilities back years.**

**Using the New York Magazine article, *Snooze or Lose*, please answer the following questions.**

1. **What percent of parents feel that their kids are getting adequate sleep?**

**What percent of students fall asleep in class at least once a week?**

1. **High school seniors get how many hours of sleep per night?**
2. **List some of the causes for lost sleep.**
3. **What are scientists theorizing about loss of sleep during formative years of a child’s life?**
4. **Explain the results of Dr. Avi Sadeh’s study of sleep and fourth and sixth graders. What did he find?**
5. **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ academic consequences of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ sleep differences.**
6. **Why is there a real spike in high school in the correlation between sleep and academic performance?**
7. **How important is 15 minutes of sleep? Explain.**
8. **Exactly how does sleep loss impair a child’s brain?**
9. **What do tired people have difficulty with? Explain.**
10. **What are school districts around the nation starting to do?**
11. **What are obstacles with later start times for schools?**
12. **The emotional context of a memory affects where it gets processed.**

**Negative stimuli by the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Positive or neutral stimuli by the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

1. **When you are sleep deprived, which is affected more, hippocampus or amygdala? What is the result?**
2. **Regarding metabolism, sleep loss increases your \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and decreases your \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.**
3. **All the sleep studies have pointed in the same direction: on average, children who sleep less are \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ than those who sleep more.**
4. **Kids are watching, on average, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ hours of television per day.**
5. **According to the article, we see sleep not as a physical need but as what? Why is this problematic?**
6. **Adults manage to “get by” with too little sleep, but why is “just getting by” not enough for a child’s brain? Explain.**