

## Sleeplessness

### Worksheet 2

#### TEACHER'S NOTES

1. Strangely science understands relatively little about why we sleep or how it evolved in the first place.
2. We have discovered a few correlations.
3. Excessive sleep however can lead to medical problems including cardiovascular disease and diabetes.
4. But what if you stop sleeping right now.
5. This can actually trigger some extra energy, motivation, positivity and even sex drive.
6. Once exhaustion sets in you'll find yourself with slower reaction time and reduced perceptual and cognitive functions.
7. In some cases three days of no sleep has led to hallucinations.
8. Sleep deprived individuals appeared less healthy and less attractive than when they were well rested.
9. The longest scientifically documented case of being awake was 264 hours or 11 days.
10. Sleep deprivation experiments on rats, for example, generally lead to death after about two weeks.
11. This disease only affected around 100 people in the world but the average survival span was around 18 months.
12. Continuous sleep deprivation will have a negative effect on your body.