



## **BrainWorks: Sleep and the Brain**

### **Viewing Guide**

Here are some questions to ask yourself before and after you watch “BrainWorks: Sleep and the Brain.”

**Before** you watch the show:

1. What time do you usually go to sleep and wake up each day?
2. How many hours of sleep do you usually get each night?
3. Do you remember your dreams?
4. What do you think will happen if you don't get enough sleep?

**After** you watch the show:

1. Why is sleep important?
2. How many hours of sleep should teenagers get to maintain good health?
3. How is sleep measured in the laboratory?
4. If you miss a few hours of sleep one night, can you make it up the next night?

5. What are the two main types of sleep and what are their differences?
6. What happened to students when the time of their school was delayed?
7. What are circadian rhythms?
8. What is a good way to help you remember your dreams?
9. Try it: Go to the Neuroscience for Kids web site at <http://faculty.washington.edu/chudler/chsleep.html>) and download a Dream Journal Worksheet and Sleep Journal Worksheet to track your sleep behavior and dreams.