



# Sweet Dreams **Comprehension Questions**

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2. What are the two main states of sleep called?

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3. How much sleep do we need at different stages of our lives?

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4. What is a clue that someone may be suffering from sleep apnoea?

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5. What are the factors which contribute to insomnia?

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6. What is the circadian clock?

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7. Name three different sleep disorders.

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8. How could you tell if someone was suffering from narcolepsy?

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9. What are the benefits of getting a good night's sleep?

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10. What are the tips for making sure you sleep well?

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**Extension Questions:**

Why do you think it is especially important for young people to get a good night's sleep?

Do you think modern society helps people to get a good night's sleep?

How would you promote the benefits of a good night's sleep to a young audience?





# Sweet Dreams Comprehension Questions

## Answers

1. What happens to our brains when we fall asleep?  
**They are cleaned. They also 'bank' our memories.**
2. What are the two main states of sleep called?  
**REM (rapid-eye-movement) and non-REM sleep.**
3. How much sleep do we need at different stages of our lives?  
**A newborn needs up to 19 hours; a primary school pupil needs up to 11 hours; a teenager needs up to ten hours; an adult needs around eight hours.**
4. What is a clue that someone may be suffering from sleep apnoea?  
**Excessive snoring.**
5. What are the factors which contribute to insomnia?  
**Stress; anxiety; irregular schedules; the wrong kinds of food and drink before bed; stimulation from TV, phones or computer screens before bed.**
6. What is the circadian clock?  
**Our body's in-built rhythm, which tells us when to sleep and wake.**
7. Name three different sleep disorders.  
**Answers could include: sleepwalking; night terrors; narcolepsy; restless leg syndrome.**
8. How could you tell if someone was suffering from narcolepsy?  
**They fall asleep suddenly at inappropriate moments, often collapsing at the same time. This may be just after an emotional reaction, such as laughing.**
9. What are the benefits of getting a good night's sleep?  
**A reduced risk of many health issues. Being more alert, more positive and more responsive.**
10. What are the tips for making sure you sleep well?  
**Having a regular routine; winding down before bed with a bath or reading a book; avoiding screens; avoiding stimulants like caffeine or chocolate; making sure your room is dark, tidy, and between 18 and 24 degrees Celsius.**

### Extension:

Why do you think it is especially important for young people to get a good night's sleep?

**Answers may explore the fact that young people are still growing, and so sleep provides their bodies with an opportunity to rest and re-energise. They could also discuss the benefits of sleep, such as alertness, which helps with tackling school and exams. The benefits of a positive attitude, which can be promoted by sleep, could also be mentioned.**



Do you think modern society helps people to get a good night's sleep?

**Answers may explore the prevalence of screens (phones, computers, TV) and how these can be a distraction and detrimental to getting sleep. Perhaps the rise of social media could be mentioned in connection with this. The pressures of modern society and the stress it can create could also be discussed in relation to insomnia. Issues of diet and the ready availability of stimulants like chocolate and caffeine might also be examined.**

How would you promote the benefits of a good night's sleep to a young audience?

**Any answers which discuss the different ways to promote the benefits should be considered.**

