



Why do we need sleep?

Study the Neuroscience for Kids website and answer the following questions:

<http://faculty.washington.edu/chudler/sleep.html>

1. How many hours of your life approximately have you spent asleep?
2. Name the two basic forms of sleep and describe them.
3. How many times is the brain in the REM stage during 8 hours of sleep?
4. How many hours do the following organisms spend asleep in a period of 24 hours?
 - human baby
 - human teenager (not counting the sleep during lessons ☺)
 - human elderly person
 - tiger
 - golden hamster
 - pig
 - giraffe
5. According to the numbers given on this webpage, how many dreams have had during your lifetime?
6. Compare the average number of hours you sleep at night with the “sleep poll”. Do you sleep more or less than the average human being?
7. Why do organisms need sleep? Name and briefly explain the two theories given on this website.