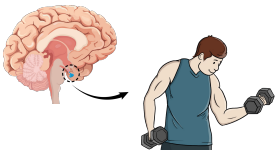


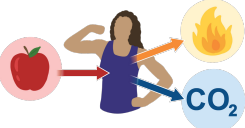
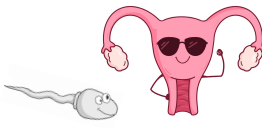


## CONCEPT: SLEEP AND HEALTH

### The Importance of Sleep

- ◆ Sleep is critical in maintaining a person's \_\_\_\_\_ health and well-being.
  - **Recall:** Most adults require between \_\_\_\_ to \_\_\_\_ hours of sleep.
  - Lack of sleep negatively impacts physical & mental health and \_\_\_\_\_ the risk of chronic diseases.

Sleep & Health Effects			
<b>1 - Hormone Regulation</b>		<ul style="list-style-type: none"><li>◆ The release of _____ hormone.<ul style="list-style-type: none"><li>▸ _____ Muscle growth</li><li>▸ _____ Bone production</li></ul></li></ul>	<b>2 - Cardiovascular</b>
<b>3 - Immune System</b>		<ul style="list-style-type: none"><li>◆ Weakened with _____ sufficient sleep:<ul style="list-style-type: none"><li>▸ Common cold</li><li>▸ Strep throat</li><li>▸ Influenza</li></ul></li></ul>	
<b>5 - Metabolism</b>		<ul style="list-style-type: none"><li>◆ Sleep regulates blood sugar levels:<ul style="list-style-type: none"><li>▸ _____ sleep _____ risks of obesity &amp; diabetes</li></ul></li></ul>	<b>4 - Cognitive Function</b>
			
			<ul style="list-style-type: none"><li>◆ _____ impacts cognitive:<ul style="list-style-type: none"><li>▸ _____ Memory storage</li><li>▸ _____ Learning</li><li>▸ _____ Problem solving</li></ul></li></ul>
			<ul style="list-style-type: none"><li>◆ _____ impacts reproductive health:<ul style="list-style-type: none"><li>▸ Men<ul style="list-style-type: none"><li>- _____ [Semen] &amp; mobility, testicles</li></ul></li><li>▸ Women<ul style="list-style-type: none"><li>- _____ Fertility Rates</li></ul></li></ul></li></ul>

### EXAMPLE

When Jerry gets enough sleep before an exam, her mental sharpness seems to improve. This can be attributed to which of the following?

- a) Her cognitive skills being restored during her full night of sleep
- b) Early morning alertness
- c) Higher level of stress management
- d) Decrease in depression during her full night of sleep

### PRACTICE

Which of the following amounts of time would be considered oversleeping?

- a) 3 hours
- b) 5 hours
- c) 10 hours
- d) 9 hours
- e) 8 hours

## **CONCEPT: SLEEP AND HEALTH**

### **PRACTICE**

Getting a sufficient amount of sleep can contribute to which of the following?

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- a) An increase in body mass.
- b) An increase in intelligence.
- c) Proper immune response to the common cold.
- d) Increased sluggishness in morning activities.

### **PRACTICE**

Samantha is beginning her first semester at her local university with a full course load. She is averaging about 5 hours of sleep per night during the semester. Which of the following is a possible outcome from this amount of sleep?

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- a) A strengthened immune system and lower occurrences of illness.
- b) An increase in productivity and multitasking.
- c) Her body adjusting to this lower amount of sleep.
- d) A decrease in cognitive function and academic performance.

### **PRACTICE**

Jose is on the college basketball team and is known for his three-point shooting. During the spring semester he enrolls in an interesting, but challenging biology course that greatly impacts the amount of sleep he gets a night. At the same time his three-point efficiency has gone from 45% to 21%. How might his lack of sleep account for this decrease in performance?

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- a) His long-term memory is being enhanced.
- b) His brain is processing drills and information at a greater rate.
- c) His strength has increased greatly from constantly working.
- d) His motor skills are being impaired.