

Name _____

Understanding the Effects of Sleep Deprivation on Cognitive Function

Short Answer

1. Why is sleep important for our brains?
2. List three effects of sleep deprivation on cognitive function.
3. How much sleep do teens (13-18 years old) generally need?
4. What can disrupt your sleep if you use it right before bedtime?
5. What should you do to create a comfortable sleep environment?