

Name _____

Understanding the Effects of Sleep Deprivation on Cognitive Function

Open-Ended Response Questions

1. Can you share a time when you felt the effects of sleep deprivation, and how did it affect your day?
2. Why is it important to stick to a sleep routine and go to bed and wake up at the same time every day?
3. How can getting plenty of exercise during the day help you sleep better at night?
4. What are some other things you can do to help yourself fall asleep and stay asleep?

