

Name _____

Understanding the Effects of Sleep Deprivation on Cognitive Function

Open-Ended Response Answer Key

1. (Personal Experience) I stayed up late to finish a school project, and the next day, I had trouble focusing in class, forgot some important details for a presentation, and felt really grumpy all day.
2. (Importance of Routine) Sticking to a sleep routine and going to bed and waking up at the same time every day is important because it helps regulate your body's internal clock, making it easier to fall asleep and wake up feeling refreshed.
3. (Exercise and Sleep) Getting plenty of exercise during the day can help you sleep better at night because it tires your body out, making it more ready for sleep when bedtime comes.
4. (Other Sleep Tips) Other things you can do to help yourself fall asleep and stay asleep include avoiding heavy meals and caffeine before bedtime, limiting screen time before bed, and creating a relaxing bedtime routine like reading a book or taking a warm bath.

