

Name _____

Snooze to Shine: How Sleep Affects Mood and Mental Clarity

Short Answer

1. Explain how sleep can help reduce stress and anxiety levels.
2. Describe Salvador Dali's unusual approach to sleep and its influence on his creativity.
3. How does sleep impact memory consolidation, and why is this important?
4. Name one tip for ensuring a comfortable sleep environment.
5. Why is it recommended to avoid screens before bedtime, and how can it affect sleep?

