

Name _____

Snooze to Shine: How Sleep Affects Mood and Mental Clarity

Open-Ended Response Questions

1. Imagine you've had a restless night and wake up feeling irritable. Explain how inadequate sleep might have contributed to your mood, and suggest one strategy to improve your mood throughout the day.
2. Reflect on Salvador Dalí's unique approach to sleep. How do you think his "slumber with a key" practice influenced his creativity, and what can we learn from his unconventional sleep habits?
3. Discuss the significance of sleep in memory consolidation and learning. How does getting enough sleep impact your ability to remember and learn new information?
4. Share your thoughts on one tip for quality sleep that you believe is the most valuable for enhancing mood and mental clarity, and explain why.

