

Name _____

Snooze to Shine: How Sleep Affects Mood and Mental Clarity

Short Answer Key

1. Sleep can reduce stress and anxiety levels by lowering the production of stress hormones, allowing the mind to handle challenges more effectively.
2. Salvador Dalí practiced "slumber with a key" to tap into his subconscious mind for creative inspiration. This unconventional approach influenced his creativity by providing him with dreamlike ideas and surreal insights.
3. Sleep helps consolidate memories by organizing and storing them effectively during the night, which is important for remembering and learning new information.
4. One possible tip for ensuring a comfortable sleep environment is to make sure the bedroom is dark, quiet, and at a comfortable temperature.
5. Avoiding screens before bedtime is recommended because the blue light emitted by screens can interfere with the production of melatonin, a hormone that regulates sleep, making it more difficult to fall asleep and stay asleep.

