

Name _____

Snooze to Shine: How Sleep Affects Mood and Mental Clarity

Open-Ended Response Answer Key

1. Answers may vary but could include: Inadequate sleep might have contributed to my mood by making me more irritable and easily frustrated. One strategy to improve my mood throughout the day is to take short breaks and practice deep breathing exercises to calm my mind and reduce irritability.
2. Answers may vary but could include: Salvador Dalí's "slumber with a key" practice likely influenced his creativity by allowing him to tap into his subconscious mind and explore dreamlike ideas. We can learn from his unconventional sleep habits that creativity can sometimes be sparked by unique approaches to relaxation and rest.
3. Sleep is significant in memory consolidation and learning because it helps organize and store memories effectively. Getting enough sleep ensures that the brain can process and retain new information, leading to improved memory and learning abilities.
4. Answers may vary but could include: One valuable tip for quality sleep is sticking to a sleep schedule. This advice is valuable because it helps regulate the body's internal clock, making it easier to fall asleep and wake up at consistent times, ultimately enhancing mood and mental clarity.

