Module #5: Sleep Hyperdoc

Explore	Your Task
How much sleep do you actually need? Sleepy teens What happens to the body and brain if you don't sleep enough? How smartphones keep you awake. Teens who do not get enough sleep. Optional: Explore a virtual 3D brain (software)	Watch the links provided to learn about sleep and your brain.
Explain	**Your Task**
You will use the information acquired to be able to answer the following questions: 1. Why is sleep important? 2. What happens to your body and/or your brain when you sleep? 3. How does technology affect sleep? 4. What are the negative consequences to sleep disruption?	Record facts about the adolescent brain and sleep.
Apply	**Your Task**
Present your findings to describe the effects of sleep on adolescents.	You will present your findings to the class.

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