

# Module #5: Sleep Hyperdoc

Explore	Your Task
<p><a href="#">How much sleep do you actually need?</a></p> <p><a href="#">Sleepy teens</a></p> <p><a href="#">What happens to the body and brain if you don't sleep enough?</a></p> <p><a href="#">How smartphones keep you awake.</a></p> <p><a href="#">Teens who do not get enough sleep.</a></p> <p>Optional: <a href="#">Explore a virtual 3D brain</a> (software)</p>	<p>Watch the links provided to learn about sleep and your brain.</p>
Explain	Your Task
<p>You will use the information acquired to be able to answer the following questions:</p> <ol style="list-style-type: none"> <li>1. Why is sleep important?</li> <li>2. What happens to your body and/or your brain when you sleep?</li> <li>3. How does technology affect sleep?</li> <li>4. What are the negative consequences to sleep disruption?</li> </ol>	<p>Record facts about the adolescent brain and sleep.</p>
Apply	Your Task
<p>Present your findings to describe the effects of sleep on adolescents.</p>	<p>You will present your findings to the class.</p>