**Consciousness – Module 8**

After viewing the module power point, please answer the following.

1. According to scientists, why do we sleep?
2. What are some short term and long term effects of not getting enough sleep?
3. After filling out the self-analysis, are you sleep deprived? Comment.
4. Since Covid 19 has changed our lifestyle, how has this impacted your sleep habits? Do you feel (physically and mentally) better, worse, are you sleeping more or less? Explain.
5. Do a short survey with a few of your friends. What are they saying about sleep during this pandemic? As many teens complain that our school schedule goes against their natural sleep needs are they feeling better right now? Is there a reason to get out of bed at a certain time? Are they staying up later? Write me a paragraph summarizing what you discover.
6. Explain three common sleep disorders. Do you know anyone who has a sleep disorder? If so which one?

As an end note, I hope everyone is finding some sort of new routine and taking care of themselves. Sleep is important for so many reasons, but especially for our mental health. Make it a priority.