Sleep Wordles Before & After

**Sleep Stages**
Adolescents have a lack of slow wave sleep that can hamper their learning ability.

**Class Chronotypes**

**Sleep Stages in Teens**

**Factors That Affect Our Sleep**
It's not surprising that almost our entire class reported that stress affects our sleep. Since we are all first year students, we are still adjusting to being at a new school with a heavier workload. Some stress is good and allows us to deal with this workload, but too much can start to affect different aspects of our lives, including sleep. It's easy to imagine deciding to wake up at night worrying about upcoming or recently submitted assignments. Some people even worry at night about not getting enough sleep! When people think about the things that are stressing them out at night, it makes it difficult for their brains to wind down & get a good night's sleep.

**Dream Theories**
Dreams are our subconscious trying to tell us something. Dreams are the royal road to the unconscious – Freud.

**Dream Disorders**
Match the description with the corresponding sleep disorder!
1. Sleeplessness due to difficulty falling asleep or staying asleep that can be caused by such factors as stress, depression, anxiety, travel, caffeine, eating before bed, etc.
2. Disrupted breathing patterns in sleep. There are two different types: obstructive and central. Risk factors include: obesity, small airways, smoking, family history, increased age.
3. Sudden "attacks" of sleep, which cause extreme drowsiness during the daytime. In addition to sleepiness they may experience cataplexy, the sudden loss of muscle tone lasting seconds to minutes, sleep paralysis, inability to move talk when first waking, and hallucinations.
4. Legs feel uncomfortable and are temporarily relieved by movement. Often associated with iron deficiency.
5. Sleep disorders resulting from disruption of the biological clock. Common reasons one may experience such disruptions are jet lag and shift work.

**UNIV*1200*13: The Secret Life of a Sleepy Teenager**