

HOW SLEEP AFFECTS THE BRAIN

TASK 1

Match the words which come from the talk „Why do we sleep?” by Russell Foster (http://www.ted.com/talks/russell_foster_why_do_we_sleep.html) with their Polish translations.

- | | |
|----------------|----------------------------------|
| 1. abnormality | A. czujność |
| 2. caffeine | B. długotrwały, nieprzerwany |
| 3. chain | C. dziedzictwo |
| 4. delay | D. kofeina |
| 5. disrupt | E. łańcuch |
| 6. gain | F. nieprawidłowość |
| 7. haven | G. odporność |
| 8. heritage | H. odwlekać, opóźniać |
| 9. immunity | I. podawać środki uspokajające |
| 10. indulgence | J. przyjemność, dogadzanie sobie |
| 11. light-bulb | K. schronienie |
| 12. multiple | L. wieloraki, złożony |
| 13. sedate | M. wzrost, przyrost |
| 14. sustained | N. zakłócać, przerywać |
| 15. vigilance | O. żarówka |

TASK 2

Complete the sentences which come from the talk „Why do we sleep?” by Russell Foster (http://www.ted.com/talks/russell_foster_why_do_we_sleep.html) with the words from Task 1.

1. "Sleep is the golden _____ that ties health and our bodies together."
2. "Sleep is a criminal waste of time and a _____ from our cave days."
3. ...we use Thomas Edison's _____ to invade the night...
4. ...it's probable we sleep for _____ different reasons.
5. But sleep is not an _____.
6. ...if you are aged, then your ability to sleep in a single block is somewhat _____.
7. 100,000 accidents on the freeway have been associated with tiredness, loss of _____, and falling asleep.
8. _____ represents the stimulant of choice across much of the Western world.
9. It (=alcohol) _____ you.
10. Another connection between loss of sleep is weight _____.
11. So if you're acutely stressed, not a great problem, but it's _____ stress associated with sleep loss that's the problem.
12. So sustained stress leads to suppressed _____, and so tired people tend to have higher rates of overall infection,
13. Make your bedroom a _____ for sleep.
14. Light increases levels of alertness and will _____ sleep.
15. ...they already have a sleep _____ prior to any clinical diagnosis of bipolar.

TASK 3

Match the words which come from the talk „Why do we sleep?“ by Russell Foster (http://www.ted.com/talks/russell_foster_why_do_we_sleep.html) with their English definitions.

- | | |
|-----------------|---|
| 1. abandon | A. agreement |
| 2. alleviate | B. authentic |
| 3. attenuate | C. completely |
| 4. consensus | D. deep |
| 5. enhance | E. intensify |
| 6. entirely | F. leave behind |
| 7. exacerbate | G. make (pain, sorrow, etc) easier to bear; lessen; relieve |
| 8. genuine | H. make more intense |
| 9. ghastly | I. probability |
| 10. involuntary | J. strong |
| 11. likelihood | K. terrifying |
| 12. outline | L. to give the main features or general idea of |
| 13. precede | M. to go or be before (someone or something) in time, place, rank, etc. |
| 14. profound | N. unintentional |
| 15. robust | O. weaken |

TASK 4

Complete the sentences which come from the talk „Why do we sleep?“ by Russell Foster (http://www.ted.com/talks/russell_foster_why_do_we_sleep.html) with the words from Task 3.

1. And what that truly _____, awful sound does is stop the single most important behavioral experience that we have, and that's sleep.
2. 32 years will have been spent _____ asleep.
3. And our ignorance about sleep is really quite _____.
4. Why do we _____ sleep in our thoughts?
5. And it won't surprise any of you that, of course, the scientists, we don't have a _____.
6. ...here are dozens of different ideas about why we sleep, and I'm going to _____ three of those.
7. ...the ability to learn that task is smashed. It's really hugely _____.
8. Sleeping at night _____ our creativity.
9. One of the things that the brain does is indulge in micro-sleeps, this _____ falling asleep, and you have essentially no control over it.
10. If you sleep around about five hours or less every night, then you have a 50 percent _____ of being obese.
11. Essentially, sleep fragments and becomes less _____, but sleep requirements do not go down.
12. So we have evidence of a _____ mechanistic overlap between these two important systems.
13. ...sleep disruption actually _____ certain types of mental illness...
14. The other bit of data was that sleep disruption may actually _____, make worse the mental illness state.
15. Stabilize sleep in those individuals who are vulnerable, we can certainly make them healthier, but also _____ some of the appalling symptoms of mental illness.

TASK 5

Decide if the sentences which come from the talk „Why do we sleep?” by Russell Foster (http://www.ted.com/talks/russell_foster_why_do_we_sleep.html) are True or False (2 points for each correct answer).

1. On average, people sleep a quarter of their lives.
2. Margaret Thatcher used to say that sleep is for strong people.
3. We do not appreciate the importance of sleep.
4. Some parts of the brain are very active during the sleep state.
5. Sixty years ago people used to sleep on average one hour more than nowadays.
6. Teenagers need seven hours of sleep for full brain performance.
7. Shift workers sleep well during the day.
8. We cannot control micro-sleeps.
9. We should try to avoid drinking coffee after lunch.
10. Old people do not need eight hours of sleep.