Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date \_\_\_\_\_\_\_\_\_\_ Hour \_\_\_

**TED TALK: Why do we sleep? With Russell Foster**

**PSY 110 Dual Credit**

**Before watching the video:**

1. Why do you think we sleep? Explain your answer.
2. If a neuroscientist like Russell Foster looked at your sleep schedule for the last few weeks, what do you think he’d say? Explain.

**Video questions:**

1. “If you are an average sort of person, \_\_\_\_\_\_\_\_\_\_\_\_ percent of your life will be spent asleep? This means if you live to \_\_\_\_\_\_\_\_, then \_\_\_\_\_\_\_\_\_\_\_\_\_ years will have been spent entirely asleep.”
2. How have we seen the tone/opinion of sleep change over the past few centuries?
3. “It’s been estimated that \_\_\_\_\_\_\_\_ percent of drivers will fall asleep at the wheel at least once in their life, and in the US, the statistics are pretty good: \_\_\_\_\_\_\_\_\_\_ accidents on the freeway have been associated with tiredness, loss of vigilance, and falling asleep – a hundred thousand a year.”
4. What is one of the milder problems you face when you lack sleep or ate tired?
5. How does alcohol mimic sleep and is it an adequate way to help you sleep?
6. What other interesting/important insights did you learn from the video? (on back)