

Name: _____

Date: _____

Lesson 17: Sleep Guided Notes

1. Circadian rhythms are the physical, mental, and behavioral changes an organism experiences over a _____ cycle.
2. One of the main actions circadian rhythms govern is the release of certain _____.
3. The hormone released by the pineal gland that makes us feel sleepy is called _____.
4. Sleep is a state of lost _____ during which the brain and body enter various stages of rest and repair.
5. While asleep, the body uses less energy, allowing cells to _____ for the next day's energy expenditure.
6. During sleep, the body repairs damaged _____ and fights against illness.
7. The brain reorganizes and catalogs information while the body is _____.
8. General sleep recommendations vary primarily based on _____.
9. Newborns are recommended to sleep _____ hours per day.
10. Infants (4 months to 12 months) are recommended to sleep _____ hours per day.
11. Young children (ages 1 through 5) should sleep _____ hours per day.
12. School-aged children (ages 6 to 12) are recommended to sleep _____ hours per day.
13. Teenagers (ages 13 to 18) should get _____ hours of sleep per day.
14. Adults (18 and older) are recommended to sleep _____ hours per day.
15. If you need to wake up at 6:00 am, school-aged children should be in bed between _____ and 8:00 pm.
16. If a teenager needs to wake up at 6:00 am, they should go to bed between _____ and 8:30 pm.

17. Sleep duration recommendations imply that naps can help people achieve their _____ needs.
18. Taking a _____ minute or hour-long nap can help an individual's overall sleep needs.
19. A CDC study found that _____ out of 10 middle school students were not getting enough sleep.
20. Seven out of 10 high school students were not getting enough _____ on school nights.
21. Chronic sleep loss can lead to health issues such as slowed _____ and trouble concentrating.
22. Poor sleep quality can increase the risk of _____ disease and high blood pressure.
23. Anxiety symptoms and depression symptoms can result from poor _____ quality.
24. Weakened immune function can lead to more consistent _____ when sleep quality is poor.
25. Chronic feelings of fatigue and low energy can result from _____ sleep.
26. Hyperactivity and struggles with school can be caused by _____ sleep.
27. Sleep is considered one of the most restful, regenerative tools for our overall _____.
28. The food and fitness industry markets "energy" products to convince consumers of their need for such products to have necessary _____.
29. Ingredients commonly found in "energy" products include _____ and added sugars.
30. Caffeine is the world's most popular _____.
31. Caffeine binds to _____ receptors to block the slowing of certain kinds of nerve activity.
32. Adenosine helps us know whether we're _____ and in need of sleep.
33. When caffeine blocks adenosine receptors, it can mask feelings of _____.
34. The primary solution for tiredness is quality _____.
35. High caffeine usage over time can lead to increased insensitivity to its _____.

36. Caffeine increases nerve activity temporarily, contributing to a feeling of increased _____.

37. Energy in the body comes from the foods we eat, which are broken down and _____ into the bloodstream.

38. The best methods for experiencing sustained feelings of energy include consuming whole and minimally _____ foods.

39. Staying hydrated is important for maintaining adequate _____ levels.

40. Reducing screen time is recommended to improve sleep quality and _____ rhythms.

Answer Key



1. 24-hour
2. hormones
3. melatonin
4. consciousness
5. resupply
6. tissue
7. asleep
8. age
9. 14-17
10. 12-16
11. 10-14
12. 9-12
13. 8-10
14. 7-9
15. 7:00 pm
16. 8:00 pm
17. sleep
18. 30
19. 6
20. sleep
21. reflexes
22. cardiovascular
23. sleep
24. illness
25. poor
26. poor
27. health
28. energy
29. caffeine
30. stimulant
31. adenosine
32. tired
33. tiredness
34. sleep
35. effects
36. alertness
37. absorbed
38. processed
39. energy
40. circadian

