**What would happen if you didn’t sleep?**

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[**https://tinyurl.com/nosleep141**](https://tinyurl.com/nosleep141)

1. By the end of Randy Gardner’s experiment, he experienced:
   1. Hallucinations
   2. Concentration problems
   3. Short-term memory problems
   4. Paranoia
   5. All of the above
2. Losing sleep has been linked to
   1. Increased inflammation
   2. High blood pressure
   3. Obesity
   4. All of the above
   5. None of the above
3. How much sleep do adolescents need
   1. 5-6 hours
   2. 9-10 hours
   3. 7-8 hours
   4. 12-13 hours
   5. 2-3 hours
4. This non-REM sleep is when \_\_\_\_\_\_\_\_\_\_ is repaired and our bodies replenish themselves.
5. Studies show that approximately \_\_\_\_\_\_\_ percent of adolescents are sleep deprived.
   1. 95
   2. 66
   3. 75
   4. 80
   5. 30
6. Which substance mentioned in the video builds up and causes ‘sleep pressure’?
   1. Adenosine
   2. Glutamine
   3. Histamine
   4. Glycine
   5. None of the above
7. Scientists found something called the glymphatic system. A clean-up mechanism that removes this \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and is much more active when we’re asleep. It works by using cerebrospinal fluid to flush away \_\_\_\_\_\_\_\_\_\_\_\_\_ by-products that accumulate between cells.
8. What are some of the cognitive effects of sleeplessness? (2 points)