**The Benefits of a Good Night’s Sleep**

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**Which of the following is correct with regards to sleep?**

1. Sleep is important only for babies' growth and development
2. Sleep is the keeper of our biological systems, for better maintenance we should sleep most of the day
3. Sleep is important since it consumes a third of our life
4. Sleep reinforces the balance of growth, body metabolism, immunity, learning and memory, and mood in all humans
5. Sleep is very important, but not for teenagers or adults
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 **If you are getting ready for an important test at school, you should:**

1. Study all through the night to not miss a bit of information
2. Get up early in the morning to re-learn the notes you prepared
3. Drink lots of coffee while studying, it improves memory
4. Get a good night's sleep during the exam period and before the test itself
5. Study the important parts of the material, and count on luck
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**Everybody can learn and remember, but:**

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1. We tend to forget about one-third of what we learn within 20 hours
2. With fewer hours of sleep, our memories improve
3. We need to sleep well every night and review material several times in order to consolidate memory
4. We need to re-learn and go over new information in order to replace old memories
5. We do not need to repeatedly review information to remember it if we get enough sleep
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**The part in the brain that plays a role both in sleep and memory is:**

1. The cortex
2. The thalamus
3. The hypothalamus
4. The hippocampus
5. The brain stem
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**Which is correct?**

1. Consolidation is the stage of sleep that helps us remember
2. Without the hippocampus, we would learn more efficiently
3. The hippocampus works best when the brain is sleep deprived
4. Heightened positive and negative feelings while studying can help us remember better
5. Sleep has no effect on memory

**Provide evidence to support the statement that "We wake up each morning with a new brain."**

**List four examples of different daily tasks you perform. Identify them as either declarative or procedural tasks.**

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