

For Mark to be successful in his world record attempt, he will have to stay awake for 140 hours with less than 3 hours sleep! This session is based on predicting just what might happen to Mark's body temperature if he stays awake and ignores his usual sleep pattern.



Input :

Introduction : You may think that your body is doing nothing whilst you're asleep, that's the point of sleeping, to rest right? It might surprise you to find out that there is a lot of stuff going on whilst you are sleeping!

You go through different types of sleep each night, some deep sleep, some light sleep and some sleep where you have dreams! Our body has it's own sleep clock, this clock tells us when we should be awake and when we should be asleep. This clock talks to our brain and our brain sends messages to the rest of our body, to help it get ready for going to sleep and waking up.

When our body doesn't get enough sleep, for a long amount of time, this is called 'sleep deprivation'.

Our body temperature changes over the day. At night time, our body get's a little cooler. This helps us to sleep better.

Activity

Using the worksheet template, predict what you think is going to happen to Mark's body temperature as time passes. You can then look at Mark's live data readings and compare these with your predictions.

Alternative Questions to Consider

What time do you go to bed?

Do your older or younger family members have a different bedtime to you? - Why do you think this is?

How do you feel when you don't get enough sleep?

Did you know...?

• Even though a lot of us get ready for bedtime with a nice hot bath, we actually sleep much better when our body is cooler!
• When we leave the bath, our body temperature drops rapidly, making us feel sleepier!

• You need to go to the toilet much less during the night than you do during the day!

Key Vocabulary

Predict

sleep cycle

Deep sleep

Light sleep

deprivation

rise

Resources

worksheet

Mark's live data readings

[https://
www.markthompsonastronomy.com/gwr-
livebiodata/](https://www.markthompsonastronomy.com/gwr-livebiodata/)

This table can be filled in using predictions on the temperature readings or simply using key words such as 'high' 'low' or even a series of arrows, it can be used in any way that you find appropriate for your class. The first box is for your prediction, the second is for the actual result.



Guinness World Record Day	12pm -3pm	3pm -9pm	9pm -3am	3am -9am
1				
2				
3				
4				
5				