

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! Sleep is so important for a number of different functions, but it can also affect your appearance



Input :

Introduction : You may have heard the term 'beauty sleep' and wondered if there is any truth behind it. Of course, a good nights sleep will help you to feel your best but can a lack of sleep really change your appearance?

Whilst you sleep, your skin has a chance to rest and re-build itself from all of the damage we do during the day. People who get more sleep are said to have healthier, softer skin.

People who do not get enough sleep are said to be 'sleep deprived'. They can have dark circles around their eyes and more wrinkles on their face. Some people say that when you do not get enough sleep, your face looks more 'sad'.

Activity

Mark will be uploading a 'selfie' periodically throughout the duration of the lecture. There are a few different ways in which you can use these for investigation. Before starting any task, you may want to number them on the back or record the day and time taken for each image.

1. Print out Mark's selfies and see if you can place them into 2 groups 'Well rested' 'Sleep Deprived'
2. Simply order them in levels of physical appearance from when Mark looks his best, to his worst.
3. Categorise by features such as 'dark circles' and 'skin appearance'
4. Categorise by facial expression

Did you know...

That within 5 minutes of you waking up, half of your dream is forgotten?
Also, a giraffe only needs 1.9 hours of sleep a day!

Key Vocabulary

Damage

Beauty sleep

Sleep deprived

appearance

Resources

Mark's Selfies

(Found here at website link)