

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?

During your periods of sleep, your skin has a chance to rest and regenerate from all of the elements it has been exposed to during the day, such as sunlight, pollution and germs! It has been shown that people who have a regular and healthy sleep cycle, have healthier, more moisturised skin. This healthier skin also repairs and replenishes itself quicker than the skin of someone who is suffering from sleep deprivation. There is also more blood flow to the skin during sleep, which delivers the nutrients it needs to recover from a day of exposure to the elements.

A person who has been suffering from a severe lack of sleep is said to be 'sleep deprived'. People who are sleep deprived have been said to have more swollen eyes, dark circles and more wrinkles. They are also described to look 'sad' in comparison to people with a healthy sleep intake.

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. Order the images in the time frame you believe they took place
3. Simply order them in levels of physical appearance
4. Categorise by features such as 'dark circles' and 'skin appearance'
5. Categorise by facial expression

Did you know...

That within 5 minutes of you waking up, 50% of your dream is forgotten?
Also, a giraffe only needs 1.9 hours of sleep a day!

Key Vocabulary

Regenerate

Sleep cycle

Sleep deprivation

Replenished

Nutrients

Exposure

Resources

Mark's Selfies

(Found here at website link)