**The benefits of a good night’s sleep**

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<https://www.youtube.com/watch?v=gedoSfZvBgE>

Before watching, study the words that appear in the video

**Glossary**

recital (n.) a music performance by a soloist or small group.

cram (v.) study intensively just before an examination.

respiration (n.) breathing

drift off (v.) to gradually start to sleep

consolidation (n.) the process by which a new memory is converted into a long-lasting form

reveal (v.) disclose, make known

declarative memory memory of facts and events

transcribe (v.) write down, record

bud (n.) something not yet fully developed

retention (n.) an ability to keep things in mind

brainstem (n.) the part of the brain forming the connection with the spinal chord

thalamus (n.) a mass of gray matter functioning as a relay station for sensory

 signals

cortex (n.) the outer layer of the cerebrum, composed of gray matter and playing an

 important role in consciousness.

anterior (adj.) situated before or toward the front

skimp (v.) to give insufficient attention to sth

slumber (v.) sleep lightly, doze

The phrase “*sleep on it*” means “postpone a decision until the following day, so as to have additional time to consider it.

**Discuss with your partner/s:**

* Why is sleep considered to be a critical function of our body?
* How does blood circulation work when we are asleep?
* What is the forgetting curve and when was this phenomenon discovered?
* What sections of the brain are involved in transferring newly acquired information from short- to long-term memory?
* What are “declarative memory” and “procedural memory”?
* What did Milner’s experiments with patient ***HM*** reveal?
* How is memory retention connected to our emotions?
* Which stages of sleep help memory consolidation?
* In your opinion, what is the optimal way to study for exams? What is the most effective method to retain all the information needed?

Complete the following paragraph inserting appropriate words from the list given below

*consolidate immune intellectual hypocampus activity*

*balancing harms intensely temporarily storage*

*restructures intellectual connections retention neglecting*

Sleep is crucial for \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ vital bodily systems. It regulates physiological processes and reinforces our \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ system. Moreover, it is an \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ active period for our brain which \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ newly acquired information during REM sleep, helping us to\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ what we need to remember. During REM sleep brain \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is similar to that during waking hours. Any sensory data is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ recorded in the neurons as short-term memory and then moves to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ where neurons form new \_\_\_\_\_\_\_\_\_\_\_\_\_\_ and are gradually redistributed for long-term \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. Various experiments have shown that sleep deprivation \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_our health. Moreover, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ the necessity to sleep we hamper memory \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ , which is an essential part of our \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*\_*\_\_ life.