



## Lesson 1: Sleep and dreams 2.1 Key Concepts

|                           |   |
|---------------------------|---|
| <b>Learning objective</b> | Gain knowledge and understanding of sleep and dreams  |
| <b>Lesson objectives</b>  | By the end of the lesson, learners will be able to: <ul style="list-style-type: none"> <li>• Describe personal experiences of sleep and dreaming</li> <li>• Explain basic concepts of sleep cycles and rhythms</li> <li>• Define key terminology related to sleep</li> </ul>  |
| <b>Vocabulary</b>         | <p><b>Circadian rhythms:</b> repeats every 24 hours e.g. sleep-wake cycle</p> <p><b>Ultradian rhythms:</b> repeats more than once every 24 hours e.g. cycles within sleep or wake</p> <p><b>Exogeneous Cues (zeitgebers):</b> external factors that affect biological rhythms in the sleep wake cycle</p> <p><b>Jetlag:</b> psychological and physical effects felt after travelling rapidly across multiple timezones</p> <p><b>Shiftwork:</b> work schedule involving working during different periods during the day and night</p> |
| <b>Previous learning</b>  | This is the first lesson in the topic and focuses on learners' prior knowledge and understanding. Learners may have studied other topics in psychology and be familiar with some approaches.  |

### Plan

| Activities                | Resources  |
|---------------------------|--|
| <b>Beginning (5 mins)</b> | Collaborative word cloud tool:<br><a href="http://www.mentimeter.com/features/word-cloud">www.mentimeter.com/features/word-cloud</a> |
| <b>Middle (50 mins)</b>   |  |

Learners complete the think-pair-share about sleep habits.

As whole class discussion, ask learners to share previous knowledge and understanding they have about sleep with the rest of the class.

In pairs, ask learners to describe their experience of dreaming. Learners share any previous key words or ideas about dreaming and the processes of dreaming with the rest of the class by placing sticky notes on the board or creating a collaborative word cloud.

Feedback to the class about the words / ideas / concepts that they will learn about in this topic. Address any misunderstandings and address any questions about the topic.

## Lesson 1: Sleep and dreams 2.1 Key Concepts

|                     |   |  |
|---------------------|---|--|
|                     | <p>Introduce the key terms exercise for biological rhythms. Depending upon the number of learners, allocate the key terms across the class for learners to research.</p> <p>Ask them to capture the features and examples of the following key terms to present/share with the rest of the class.</p> |  |
| <b>End (5 mins)</b> | Learners can complete retrieval quiz.   |  |

### Reflection and evaluation

#### Reflection:

#### Summary evaluation:

What two things went really well? (Consider both teaching and learning.)

- 1.
- 2.

What two things would have improved the lesson? (Consider both teaching and learning.)

- 1.
- 2.

What have I learned from this lesson about the class or individuals that will inform my next lesson?

We are committed to making the WCAG 2.1 Standard. We are always looking to improve the accessibility of our documents. If you find any problems or you think we are not meeting accessibility requirements, contact us at [info@cambridgeinternational.org](mailto:info@cambridgeinternational.org) with the subject heading: Digital accessibility. If you need this document in a different format, contact us and supply your name, email address and requirements and we will respond within 15 working days.