



Lesson 3: Sleep and dreams 2.1 Key Concepts

Learning objective	Gain knowledge and understanding of sleep and dreams
Lesson objectives	By the end of the lesson, learners will be able to: <ul style="list-style-type: none"> • Identify the types of sleep as ultradian rhythms • Describe methods for measuring sleep • Explain the types of sleep within the sleep cycle
Vocabulary	Ultradian rhythm: cycles within sleep and waking that repeat more than once in a 24-hour period.
Previous learning	Learners have been introduced to key concepts of the circadian rhythms and the definitions of some terms in the sleep and dreams topic.

Plan

Activities	Resources
Beginning (5 mins)	EEG (electroencephalography) information and image EMG (electromyography) information and image EOG (electrooculography) information and image
Middle (50 mins)	

Learners can complete the starter activity questions to get them thinking about ways to measure different stages of sleep and dreams.

- Remind learners that sleep goes through stages and this is an example of an ultradian rhythm.
- Discuss dream reporting as a whole class, considering how it can be used and any issues researchers might have relying on this subjective method.
- Contrast this discussion with the next task, where learners work in pairs to research and make notes on the three objective methods of sleep / dream measurement: EOG, EMG and EEG.
- Check learners' responses and complete the whole class activity filling the grid on the duration and characteristics of nREM and REM sleep.

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End (5 mins)

Learners can apply their knowledge of dream reporting to design a form for use to record their own dreams. This task can be used in the next lesson.

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?

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