



## Lesson 4: 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>• Identify the negative effects and symptoms of jetlag and shiftwork</li> <li>• Explain the role of biological rhythms in jetlag and shift work</li> <li>• Apply knowledge of biological rhythms to novel scenarios</li> </ul>
<b>Vocabulary</b>	<b>Jetlag:</b> psychological and physical effects felt after travelling rapidly across multiple timezones <b>Shiftwork:</b> work schedule involving working during different periods during the day and night
<b>Previous learning</b>	Learners have been introduced to the key concepts of the biological explanation of sleep and the definitions of some terms in the sleep and dreams topic.

### Plan

Activities		Resources
<b>Beginning (5 mins)</b>	Ask learners to complete the starter activity to consider the real-life effects of sleep disruption.	
<b>Middle (50 mins)</b>	<ul style="list-style-type: none"> <li>• Discuss learner responses to starter activity. Recap the role of endogenous cues and endogenous pacemakers in biological rhythms such as the sleep-wake cycle.</li> <li>• Work through the case study of Paula and jetlag as a whole class, using question and answer to check understanding. Learners can make notes to support understanding.</li> <li>• In pairs of small groups, ask learner to complete the activity giving advice to shift workers. Review responses and correct any misunderstandings.</li> </ul>	
<b>End (5 mins)</b>	Learners can complete the plenary activity, explaining why each sleep myth is false.	

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### 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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