



Lesson 6: Sleep and dreams 2.2 Restoration theory of sleep

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"> • Describe the purpose of sleep according to the restoration theory of sleep • Outline the role of the amygdala in the restoration theory of sleep • Explain the role of different types of sleep in the restoration theory of sleep
Vocabulary	Amygdala: part of the limbic system involved in processing emotions
Previous learning	Learners have completed study of the key concepts of sleep.

Plan

Activities	Resources
Beginning (5 mins)	Restoration theory of sleep video: www.youtube.com/watch?v=mUuHNidBdho
Ask learners to complete the starter activity explaining the difference between REM and nREM sleep to each other.	
Middle (50 mins)	
<ul style="list-style-type: none"> • Check learners' recall and understanding of the types of sleep, correcting any misconceptions. • Share the first half of the video clip on the restoration theory of sleep. Ask learners to make notes. • Ask learners in pairs to recall the location and function of the amygdala from their prior learning. Each pair should predict the effect of sleep (or sleep deprivation) on the amygdala. • Discuss the theory as a whole class, building a mind map on the board to collate knowledge and understanding. 	
End (5 mins)	Learners can complete the check your understanding task to assess their knowledge of the restoration theory of sleep.

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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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