



Lesson 7: 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"> • Outline the context of the named study (sleep restriction) • Describe the results and conclusion of the named study • Explain the argument for the restoration theory of sleep (named study: sleep restriction)
Vocabulary	n/a
Previous learning	Learners have studied the restoration theory of sleep.

Plan

Activities	Resources
Beginning (5 mins)	
Ask learners to consider the question: What evidence would support or challenge the restoration theory of sleep?	
Middle (50 mins)	
Share the summary of the named study: 'Sleep restriction (Robinson et al.)'. Learners should pay particular attention to the aim, the sample, the method, the results and conclusions. Ask learners to self-assess their ability to verbalise the aim, the sample, the method, the results and conclusions with each other at 30-second 'turns', picking up where their partner left off. As a group, complete the reflection exercise and ensure learners can explain why the results and conclusions of the study support the restoration theory.	
End (5 mins)	
Ask learners to complete the reflection activity to review the starter question and apply the knowledge they have gained in the lesson.	

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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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