

**Link to the video with subtitles:**

<https://www.bbc.co.uk/ideas/videos/five-compelling-reasons-why-we-all-need-to-sleep-m/p06fshzv?playlist=the-extraordinary-human-brain>

### **Five compelling reasons why we all need to sleep more**

Feeling tired? Neuroscientist and author Matthew Walker explains how proper sleep will help us live longer, healthier, more creative lives.

### **Watch the video and fill in the gaps**

The decimation of sleep throughout **the developed world** is having a catastrophic impact on our health, our **wellness** and the safety and education of our children.

#### **5 REASONS WHY WE NEED TO SLEEP MORE**

Sleep actually **enhances** your memory and it refreshes **your learning ability**.

#### **NO. 1 MEMORY AND LEARNING**

You need sleep after learning to essentially hit **the save button** on those new memories so that you don't forget.

But what we've also learned is that you need sleep before learning as well and now to almost prepare your brain a little bit like **a dry sponge** ready to initially soak up new information. So you need sleep **on both sides of** that equation and that's why pulling the **all-nighter** before the exam is a very bad idea.

#### **NO. 2 CREATIVITY**

When you sleep you actually see almost a threefold increase in creative abilities **as a consequence**. And there's some wonderful anecdotes demonstrating this sleep-inspired creative benefit. Keith Richards, from the Rolling Stones, actually used to go to sleep with a guitar and **a tape recorder** because he understood the power of dream sleep – what we call **REM** sleep. And he describes in his autobiography how one night he started the tape recorder, went to sleep and the next morning the tape had run **all the way through**, he rewound it back and there in some ghostly vision were the opening **chords** of Satisfaction, the most famous Rolling Stones song.

And then he said it was followed **by about 43 minutes of** snoring, thereafter. It's probably the reason that no-one has ever told you to stay awake on a problem.

#### **NO. 3 HEALTH**

Sleep is a wonderful health **panacea**. Every major disease **that seem to be** killing us in the developed world has significant and, many of them, **causal** links to a lack of sleep. So the two most feared diseases which are Alzheimer's disease and cancer both have **strong links to short sleep** duration across the **lifespan**.

#### **NO. 4 LIFE EXPECTANCY**

Short sleep will actually predict or cause mortality. So you may have heard that old **maxim** people would tell you – that you can sleep **when you're dead** – well it is mortally unwise advice. If you adopt that **mindset**, we know from the science that you will be both dead sooner and the quality of that now shorter life will be **significantly worse**.

#### **NO. 5 GOOD FOR BUSINESS**

Less sleep does not equal less productivity. It's a **fallacy** that still remains in business and it's actually **a very costly one** too. The Rand Corporation several years ago performed a global survey of the cost of sleep deprivation across nations and what they found was that insufficient sleep within the workplace cost most nations **about 2% of their GDP**.

So, just think about that, if we could solve the sleep crisis **within** the workplace we could perhaps **double** the budget for education, maybe we could even **halve** the **healthcare deficit** that we're suffering in most of these developed nations. So sound sleep is **sound** business – that's exactly what the science **teaches us**.

### **Match the words on the left with their definitions on the right**

<b>1. compelling</b>	convincing, irresistible
<b>2. wellness</b>	a state of physical, mental, and social well-being
<b>3. enhance</b>	intensify, increase
<b>4. soak up</b>	absorb
<b>5. all-nighter</b>	an event or activity that continues throughout the night

<b>6. threefold</b>	having three parts or elements.
<b>7. rewind</b>	return to an earlier time or stage in a sequence of events
<b>8. panacea</b>	a solution or remedy for all difficulties or diseases.
<b>9. causal</b>	relating to or of the nature of cause and effect
<b>10. lifespan</b>	the length of time for which a person or animal lives
<b>11. maxim</b>	a short statement expressing a general truth
<b>12. unwise</b>	not sensible, foolish
<b>13. mindset</b>	an inclination or a habit – an established set of attitudes held by someone
<b>14. fallacy</b>	a mistaken belief
<b>15. GDP.</b>	Gross domestic product
<b>16. halve</b>	divide into two parts
<b>17. sound</b>	healthy, free from disease or weakness
<b>18 REM</b>	a period of sleep that is very deep – rapid eye movement