

Hi

This video will help you to familiarize yourself with today's topic.

Today we will talk about sleep and why is it so important to our physical and mental health.



## What is INSOMNIA?

Have You ever struggled with it ?

Do You know someone with this problem ?

What are some common causes of insomnia ?

What have people in the video tried with no success to deal with their problem ?

## PART 2 : CHRONOTYPES



**What are the Polish synonyms of these two chronotypes in the picture ?**

**chronotypes :**

**which one are You ?**

## PART 3

Watch the **TED** video of Matt Walker talking about the power of sleep .

**Finish the sentence :**

*Sleep is a non ...*

now let's answer the questions :) !

1. What kind of work was classified as cancerogenic ?
2. How does the lack of sleep influence our bodies hormonal balance ?
3. What are the keys to a better sleep ?
4. Why do we need sleep to learn ?
5. What does the word waterlogged mean ? How is it used in this talk ?
6. What is problem with time change ?
7. What should we do when we cant fall asleep?
8. What has happened in the test groups ?
9. What are some common diseases caused by the lack of sleep ?
10. What could we do in the future to prevent those diseases ?