

# HNC @ HOME

## 2026



### A Level Psychology *Activity 1*

#### Why do we sleep?

Sleep is an essential and involuntary process, without which we cannot function effectively. In this TED talk, Russell Foster, a circadian neuroscientist, explores the topic of why we need sleep. You can watch it here:

[https://www.ted.com/talks/russell\\_foster\\_why\\_do\\_we\\_sleep](https://www.ted.com/talks/russell_foster_why_do_we_sleep)



While watching the TED talk, answer the questions below:

- How long do we sleep for during an average lifetime?
- What are the three theories for why we sleep?
- How does sleep vary for different age groups?
- What is the impact on sleep on the following:
  - Weight control
  - Mental health
- How can you improve sleep?
- Why should we take sleep seriously?

Extension: if you would like to find out more about the fascinating subject, read this article:

<https://www.ecosa.com.au/blog/post/what-part-of-the-brain-controls-sleep.html>