

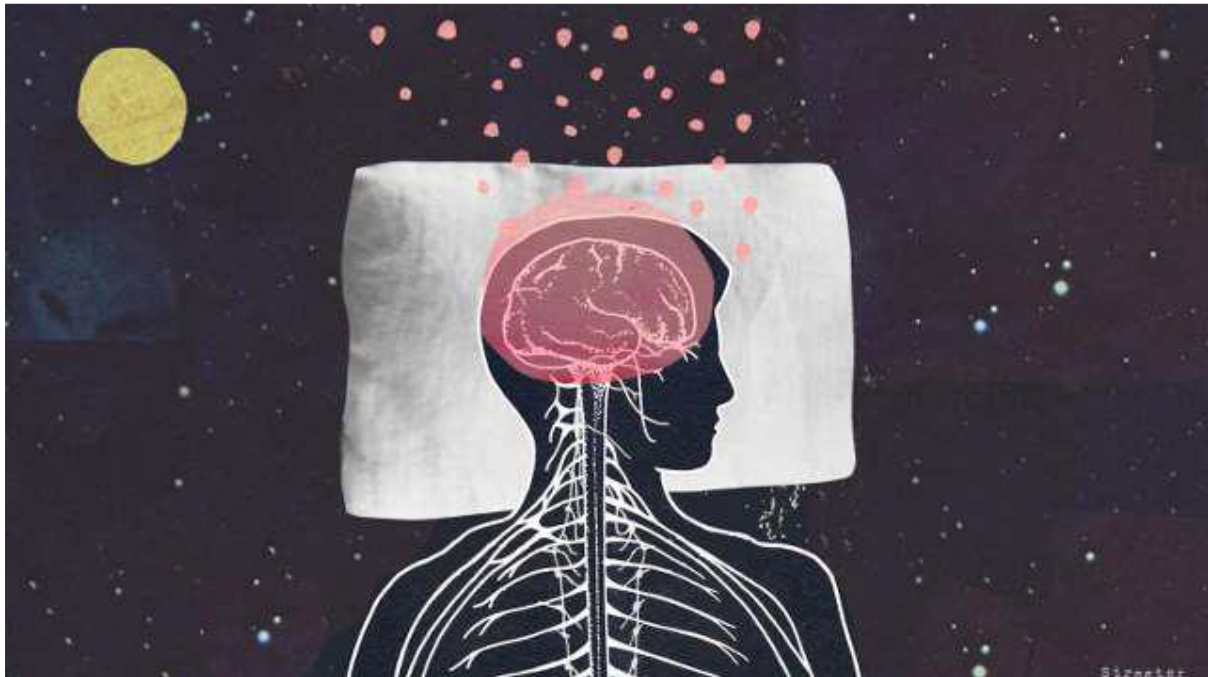
HNC @ HOME 2026



A Level Psychology *Activity 3*

Discover more about the science behind sleep

Over the summer you can further develop your sleep knowledge by accessing a range of resources!



Articles to read:

1. <https://www.ecosa.com.au/blog/post/psychological-and-mental-health-effects-ofsleep-deprivation.html>
2. <https://www.southampton.ac.uk/psychology/news/2024/04/circadian-rhythms-andmetabolism-study.page>
3. <https://darksky.org/resources/what-is-light-pollution/effects/human-health/>

Podcasts to listen to:

1. Sleep the bigger picture
2. Diary of a CEO: The world's number. 1 Sleep Expert: The 6 Sleep Hacks You NEED! Matthew Walker. Or watch the interview here: https://www.youtube.com/watch?v=Us8n8VBQn_c

Recommended reading:

1. Sarah Jayne Blakemore: *Inventing Ourselves: The Secrets Life of the Teenage Brain*:

Drawing upon her cutting-edge research Professor Blakemore explores: What makes the adolescent brain different? Why does an easy child become a challenging teenager? What drives the excessive risk-taking and the need for intense friendships common to teenagers? Why it is that many mental illnesses – depression, addiction, schizophrenia – begin during these formative years? And she shows that, while adolescence is a period of vulnerability, it is also a time of enormous creativity and opportunity.

2. David Rowland: *How I rescued my brain*

When he found himself in a local emergency ward with little idea of where he was or how he got there, doctors wondered if he had had a nervous breakdown — if the strain of treating individuals with mental-health problems had become too much. Eventually they discovered the truth: David had suffered a stroke, which had resulted in brain injury. He faced two choices: give up or get his brain working again. Drawing on the principles of neuroplasticity, David set about rewiring his brain. Embarking on a search that brought him into contact with doctors, neuroscientists, yoga teachers, musicians, and a Buddhist nun, he found the tools to restore his sense of self: psychotherapy, exercise, music, mindfulness, and meditation.

After reading/listening/watching some of the recommended articles, write a short summary of why sleep is important for humans. Aim to include:

- Why we sleep, including the role of the brain and the cycles involved in sleep i.e. sleep/wake cycle
- Impact of poor sleep on the brain, hormones, lifestyle, health
- How to get better sleep