3.2 How Brain Works When You Sleep Worksheet

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Video – How Brain Works When You Sleep

A. Listen to the Health Report and take notes below.
B. Mark below statements as true or false. If they are true, write T. If they are false, write F and correct the answer.

1. _______ Scientists recently discovered that our brains are not as busy at night as they are during the day.

2. _______ The researchers studied mice that had colored dye injected into their brains.

3. _______ The researchers say they saw that the brains of awake mice were hard at work.

4. _______ Dr. Maiken Nedergaard says our brains perform three very different jobs.

5. _______ Dr. M. Nedergaard says that when we are asleep, our brain is processing information about our surroundings.

6. _______ The waste material is responsible for brain disorders such as Alzheimer’s disease.

7. _______ For this research test animals must be dead in order to see the brain process as it happens.

8. _______ Dr. Nedergaard says the next step is to look for the process in cow brains.

9. _______ The research may also lead to treatments that prevent or help fight neurological disorders.
C. Choose the best answer for each sentence from the multiple choices below.

1. Researchers at the University of Rochester found that the brain may be busy ___________ harmful waste materials.
   a. finding out
   b. cleaning out
   c. looking for
   d. messing up

2. The researchers _________________ the brains of the mice as they slept and when they were awake.
   a. cut
   b. put together
   c. listened to
   d. watched

3. At night, our brain works to _________________ all the waste that builds up during waking hours.
   a. remove
   b. redo
   c. resume
   d. repair

4. The researchers say the waste material includes _________________.
   a. trash
   b. garbage
c. poisons

d. bottles

5. The researchers found that during sleep, the brain cells _____________.
   a. grow bigger
   b. grow heavier
   c. sleep
   d. shrink

6. The brain's ____________ system could only be studied with the new imaging technologies.
   a. cleaning
   b. breathing
   c. emotional
   d. happy

*Listen to the Health Report again to check your answers.*