## Teacher Answer Key

### Case Study

1. Participants who were woken every time they entered REM showed impaired memory retention and a shorter attention span, along with trouble regulating emotion.

2. Losing REM sleep would make school and daily tasks harder, because the same study linked REM loss to irritability, difficulty concentrating and poor recall of material learned earlier.

### Multiple Choice

1. A

2. C

3. A

### Matching

1-D, 2-C, 3-A, 4-B

### Fill-in-the-Blank

1) Sleep, 2) growth, 3) emotional

### Short Answer (Sample Responses)

Q1: Stage 3 sleep is important because it allows the body to repair tissues, release growth hormone, and support immune function. Missing it regularly may lead to physical exhaustion, weakened immunity, and overall reduced well-being.

Q2: Sleep cycles allow the body to benefit from deep sleep earlier in the night for physical recovery and REM sleep later for memory and emotional health, ensuring both needs are met.

Q3: Sleep hygiene practices like regular sleep schedules and reducing pre-bed screen time help ensure that the body reaches each sleep stage, maximizing the restorative benefits of both REM and deep sleep.