**Student Worksheet: Understanding Sleep**

**Introduction:** Sleep is a fundamental aspect of human life, occupying a significant portion of our existence. This section explores the concept of sleep, its physiological mechanisms, and various theories about its purpose.

**Questions:**

* According to Singh & Siahpush (2006), approximately how many years of our lives are spent sleeping?
* Name an animal species mentioned in the text that never sleeps.
* Describe what homeostatic regulation of sleep refers to.
* What role does the pineal gland play in sleep, according to the text?
* Explain the adaptive function hypothesis of sleep. Do you think this hypothesis adequately explains why humans sleep? Why or why not?
* What is the cognitive function hypothesis of sleep, and how does it relate to memory formation and cognitive abilities?

**Discussion:**

Consider the following questions and discuss them with your classmates or write your thoughts below:

* Why do you think some animals can go extended periods without sleep while others cannot?
* Reflect on your own sleep habits. Do you think you get enough sleep? How does sleep (or lack thereof) affect your daily life and performance?