

Teacher for Learning Module - Cornell Notes Activity

Title: Are naps actually good for us?	Course: Sleeping with Science
	Name: Priyanka Sharma
	Date: 17th November, 2021
Video Link: https://www.ted.com/talks/matt_walker_are_naps_actually_good_for_us#t-2590	
Key Points / Important Notes	Notes & Drawings
Sleep Patterns	According to scientists we are supposed to distribute the sleep into 3 segments
Afternoon siesta	People start experiencing a drop in their alertness during the afternoon time
Biphasic pattern	We are designed to sleep in a biphasic pattern and the drop in the alertness during the afternoon happens due to multiple chemical and biological reasons
Long naps- double edged sword	Long naps in the afternoon and in the evenings can take the edge off your sleepiness
Healthy naps	20 minutes naps taken early in the day
Summary: With increasing work culture and hustle culture, people get tired up and wanna fall asleep during the 1pm to 4 pm every day, and there is a wrong myth that late afternoon naps are healthy but instead they are unhealthy and lead to unsound sleep at night.	