

Note-Taking Practice from Theme 1 Video and Articles

Video excerpt: 1:09 to 1:30 in What would happen if you didn't sleep

What the narrator says:

The rise in sleep-inducing chemicals like adenosine and melatonin sends us into a light doze that grows deeper, making our breathing and heart rate slow down and our muscles relax.

This non-REM sleep is when DNA is repaired and our bodies replenish themselves for the day ahead.

In note form (what the narrator says):

- rise in **sleep-inducing** chemicals like adenosine and melatonin sends us into **a light doze** that grows deeper
 - makes our breathing and heart rate slow down
 - makes our muscles relax
 - = non-REM sleep and has benefits
 - DNA is repaired
 - our bodies **replenish** themselves for day ahead

We add highlighting and colours to help remind us to use these **new words** when speaking and to pronounce our **S** and **ED**.

Now let's try the segment 1:30 to 2:00

Let's make notes from this paragraph:

Both eating and sleeping are regulated by powerful internal drives. Going without food produces the uncomfortable sensation of hunger, while going without sleep makes us feel overwhelmingly sleepy. And just as eating relieves hunger and ensures that we obtain the nutrients we need, sleeping relieves sleepiness and ensures that we obtain the sleep we need.

Source: "Why do we sleep, anyway?" (2007). Healthy Sleep.

<http://healthysleep.med.harvard.edu/healthy/matters/benefits-of-sleep/why-do-we-sleep>

Towards the end of a typical six- to eight-hour night of sleep, the brain gets its chance at rejuvenation, during Rapid Eye Movement (REM) sleep. This is the stage that's crucial for learners because the brain solidifies all that was taken in the day before and clears out old, unnecessary memories to make room for new information.

Source: Schwartz, K. (2013). Why sleeping may be more important than studying.

<https://www.kqed.org/mindshift/26079/why-sleeping-may-be-more-important-than-studying>

Try making notes for these sections from the article "[School can wait: What happened when Seattle let its high schoolers sleep in](#)"

1

The crux of the issue? Most teenagers like to stay up late and sleep in late, a habit that tends to leave them chronically underslept and their brains less than fully functional when the school bell rings every morning.

2

Eastern Commerce Collegiate Institute in Toronto used to boast one of the city's latest high school start times at 10 a.m. The chance was made permanent after a pilot project found a delayed start yielded promising results.

"Students showed a four to nine per cent improvement in academic credit accumulation for Grades 9 and 10 following the later start to the school day," said a 2011 report on the project released by the Toronto District School Board.

The report also showed improvements in performance in English and science among Grade 9 and 10 students, as well as better marks in English and math for Grade 11 and 12 students.

3

Last year, there was talk of another pilot in the Thames Valley District School Board, where high schools start around 8 a.m. Trustee Graham Hart spoke in favour of the initiative, specifically noting that one of the themes to emerge from a rash of suicides in the Woodstock area was a lack of sleep.