

1. What should make you think twice about what you're doing before you go to bed?
2. Researchers have found that using technology before bed can have an effect on our sleep.  
True or false?
3. Name the three things the reporter said we might be doing on a tablet before bed?
4. When using a tablet, what part of it causes the most problems to our sleep?
5. What does your 'brain clock' decide when it gets dark?
6. What is the name of the chemical your brain releases into your body to help go to sleep?
7. Describe what happens when the sun comes up and it gets light again in the morning?
8. How does the light from tablets or other devices affect the release of melatonin?
9. Where did Professor Shantha Rajaratnam work?
10. Cause and effect - name three possible effects that not enough sleep can lead to?
11. What can researchers test in the sleep labs?
12. What was the clinical psychologist's name?
13. What have some experts predicted if we keep using electronic devices more before bed?
14. They suggested four strategies that you could use to help you get a better nights' sleep. What were they?
15. How many devices were stacked in a pile just after they spoke about the brain?
16. What letter did the girl have on her bedside table?
17. What were the two times shown on the two alarm clocks?
18. What was the book that the girl picked up at the end of the clip?