

TED Talk: How caffeine and alcohol affect your sleep

Spoken by Matt Walker



Why did I choose this video?

I overdose on caffeine through coffee and energy drinks every day, and one day I was curious about how caffeine affects our sleep, so I did some quick research and came across to this video. Also, sleep has received a lot of attention in various fields in recent years, so I thought it might be a good topic to address.

Warm Up

1. Are you sleeping well?
2. Do you drink caffeine or alcohol frequently?

Here is the link to the video. Enjoy.



Vocab Check

These are some words used in the video. Match these words with their correct meanings.

a) psychoactive	A) a strong coffee prepared by forcing live steam under pressure, or boiling water, through ground dark-roast coffee beans or a cup of this coffee
b) espresso	B) of or relating to a substance having a profound or significant effect on mental processes
c) puritanical	C) believing or involving the belief that it is important to work hard and control yourself, and that pleasure is wrong or unnecessary

Comprehension Check

Are these statements true or false?

1. REM sleep is deeper than non-REM sleep. [T/F]
2. REM sleep provides you many benefits. [T/F]

Questions

1. What are the two additional features of caffeine mentioned in the video?
2. What are the three problems that alcohol can cause with sleep?
3. Do you drink caffeine or alcohol frequently? If so, would you refrain from them in the future?

Fun Activity? : Word Search

Find the word in the puzzle. Words can go in any direction. Words can share letters as they cross over each other

Word Banks

alcohol

caffeine

coffee

dream

espresso

rem

sleep

R I O M F V N G G D N Q C X G
M T T Q Z I S N C Q F F C Z D
S N Z X L L O A L O H O C L A
P N Q T Q O F F Y E P Y C V L
W M Y S Y F S S L L E O R L U
U L H I E W U S E P E V W G T
U P F I W B T R E L L V F P Z
C T N Y E L G W E R S F P J W
C E W S Z O K H R M P R U A L
O Y X U E O J U D V W S H U D
F W L M W D M A C P S D E Y U
F F C P W A G P X U V Z T R A
E B X G E C B W K C H I N Q Z
E M W R E B F N O A A B G P C
N N D S V C L P L P N S I T L

Answers

Vocab aB, bA, cC

True or False 1.F 2. T

Questions

1. the duration of action of caffeine/it may lower quality of sleep
2. sedation caused by alcohol is different from sleep/it may fragment your sleep/it may block you REM sleep
3. N/A

Word search

