

Service Ecology / Process/System



- Sleep debt

- Why we sleep
- When to prepare to sleep
- When to sleep
- When not to sleep
- What can distract you from sleep
- The do's and don'ts of sleep, regarding
 - food
 - drink
 - your environment
- Explain the do's and don'ts

- What happens when you start your sleep cycle
- Phases of sleep
- What happens during each phase of sleep
 - What your body goes through
 - What your brain goes through
- Dreams
 - Types
 - Dreams
 - Nightmares
 - Night terrors

- What happens when you wake

Resources

Web

- Medical Sites
 - describe the body's process(es) of and during sleep
 - Effects of sleep
 - The brain during sleep
- Psychology
 - Effects of sleeping
 - Effects of deprivation
 - Effects on psychological development
 - Effects on mental health

Print

- Scientific Journals
 - Sleep studies
 - Studies on the effects of sleep
 - Studies of benefits
- Textbooks
 - Psychology books

Visual

- Documentaries
 - What occurs in the body during sleep
 - Effects of sleep on the body
 - Effects of deprivation
 - Effects of sleep debt
- Psychology films

