

Video Activity Worksheet

Unit 3: Medicine

A Sleep Clinic

Predict

This video segment profiles one woman's visit to a sleep clinic where experts diagnose and treat her for a common sleep disorder. Before you watch the video, answer the following question.

What questions do you think the doctor will ask?

Focus

Watch the video. Find the answer to the following question.

What is the name of the sleep disorder the woman suffers from?

Comprehension

A. Check (✓) True or False.

- | | <i>True</i> | <i>False</i> |
|--|--------------------------|--------------------------|
| 1. Sleep apnea is the most common type of sleeping disorder seen in sleep clinics. | <input type="checkbox"/> | <input type="checkbox"/> |
| 2. Sleep apnea doesn't cause serious health risks. | <input type="checkbox"/> | <input type="checkbox"/> |
| 3. Sleep apnea is always caused by problems at the back of the throat. | <input type="checkbox"/> | <input type="checkbox"/> |

B. Answer the questions.

1. What are two causes of Diana's sleep apnea?

2. What are two symptoms of her sleep apnea?

Discussion

- Have you or anyone you know ever suffered from sleep apnea or a serious sleep problem? What did you or the other person do about it?
- Is getting enough sleep a high priority for you? Why or why not?
- If you were driving and felt extremely sleepy, what would you do?
- Do you have a healthy sleep schedule? If yes, what is it? If no, explain why.

Writing

Write about a time when you were sleep deprived. What contributed to your lack of sleep? How did you feel? What did you do about it?

