

## ***More performance tasks!***

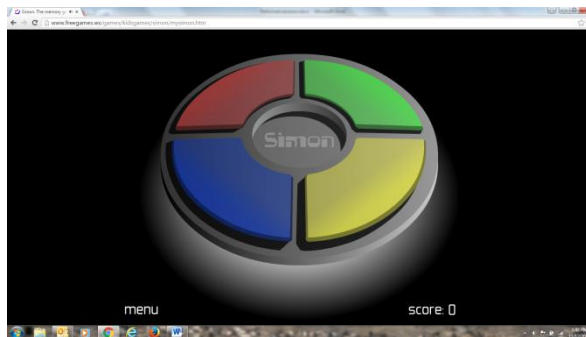
You have learned that the amount of sleep you get can affect your physical performance. Here is a quick test you can take along with other members of your family. This test measures your reaction time. Just visit the website below and follow the directions. It's easy and fun!



**Think fast!**

<http://healthysleep.med.harvard.edu/need-sleep/whats-in-it-for-you/how-awake-are-you>

You also discovered that the amount of sleep you get can affect your mental performance. Again, with other members of the family, try this simple test of memory.



**Simon**

<http://www.freegames.ws/games/kidsgames/simon/simon.htm>