

News Evaluation Sheet

Read each article. Examine the story using our criteria for spotting Fake News.



	Article 1: Brightside	Article 2: WWN – FIFA 20	Article 3: The Guardian
Check the publisher			
Check the sources			
Research it yourself			
Check the date			
Check the images			
Use a fact checker (fullfact.org)			
Real, Fake or Satire			

Science says women need more sleep because their brains work harder

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Making a mental list and organizing a schedule while preparing breakfast, answering the phone and setting the table....multitasking is an incredible talent of women that unfortunately always leads to stress and exhaustion.

Bright Side would like to share the results of a study that explains how much sleep women need to stay healthy and radiant and work productively.

Researchers at Loughborough University in the UK found that **the more you use your brain during the day, the more it needs to rest while asleep.**

The results show that **the female brain works in more complex ways**, as women tend to multitask. Therefore they require more sleep.

"Women's brains are more complex than men's, so their sleep need is slightly greater," said Professor Jim Horne, the study's author.

An average adult needs 6-8 hours of sleep to recover from fatigue and exhaustion from the activities carried out throughout the day. Women need **only 20 more minutes of sleep** than men do to allow the brain to repair itself and wake up renewed.

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