

Unit Title: Understanding the Effects of Sleep on Health	
Level:	One
Credit Value:	1
GLH:	8
OCNLR Unit Code:	PA1/1/LQ/028
Ofqual Unit Reference Number:	J/616/9546

*This unit has 3 learning outcomes*

LEARNING OUTCOMES	ASSESSMENT CRITERIA
<b>The learner will:</b>	<b>The learner can:</b>
1. Understand the functions of sleep.	1.1. Outline the functions of sleep.
2. Understand the relationship between sleep and health and wellbeing.	2.1. Identify the features of effective sleep. 2.2. Outline the healthy benefits of effective sleep.
3. Understand the impact of sleep deprivation and how to address it.	3.1. Give at least three examples of how sleep deprivation can be prevented.

## Assessment

The grid below provides suggestions for the types of assessment activities that can be used with the unit attached to provide evidence for the learner's portfolio. Please refer to the OCN London Assessment Guidance document for definitions of each activity and the expectations for assessment practice and evidence for moderation.

Case Study	✓	Project	
Written question & answer/test/exam	✓	Role play/simulation	
Essay		Practical demonstration	
Report		Group discussion	✓
Oral question and answer	✓	Performance/exhibition	
Written description	✓	Production of artefact	
Reflective log/diary		Practice file	