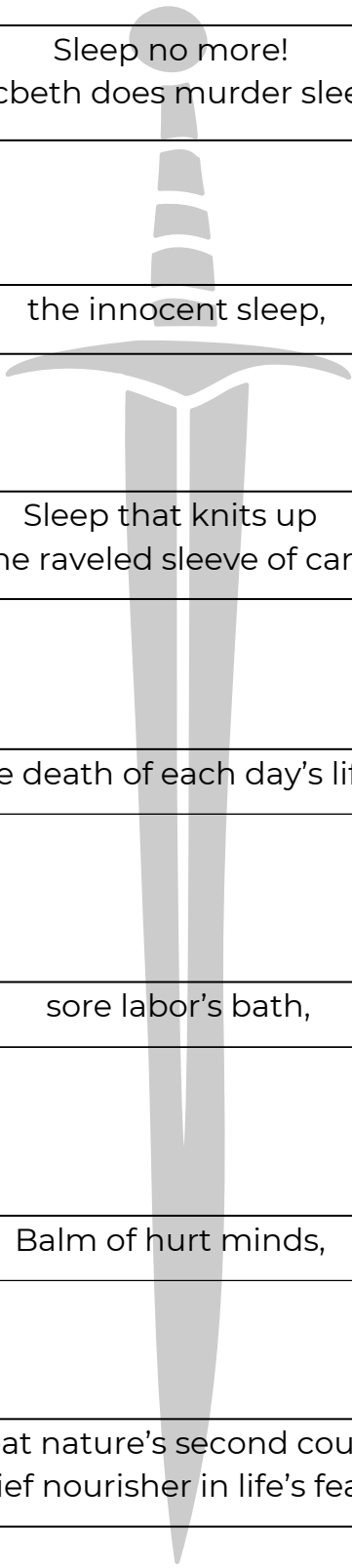


Sleep No More: How is sleep deprivation a curse?

Part 1. With your partner or group, define each word you can't explain to a friend. When you're confident you know what each word means, explain the meaning of each image Shakespeare uses to explain the benefit of sleep.



Sleep no more!
Macbeth does murder sleep:

the innocent sleep,

Sleep that knits up
the raveled sleeve of care,

The death of each day's life,

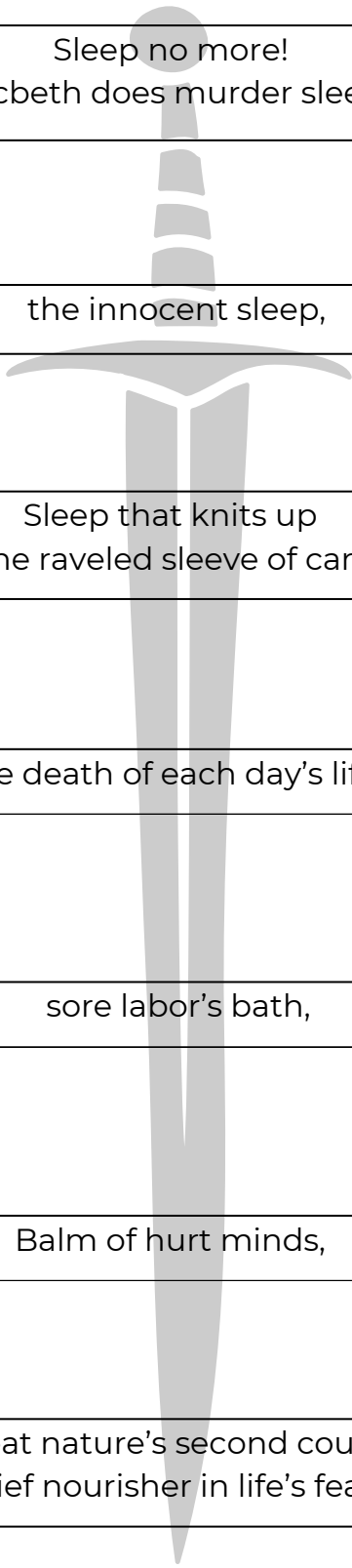
sore labor's bath,

Balm of hurt minds,

great nature's second course,
Chief nourisher in life's feast.

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Part 2. Individually, personalize the effects of sleep deprivation. Balance Shakespeare's words with specific details from the real world that illustrate the impact of sleeplessness on someone in your culture and stage of life.



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