

How Tired is Too Tired?



Do you get enough sleep? How much sleep is enough? What are the benefits of sleep? What happens if you don't get enough sleep?

Although there is an ongoing debate, among scientists, about exactly why we need to sleep new research has highlighted the dangers of not getting enough sleep.

Why don't you conduct a sleep survey at school and find out whether a lack of sleep is affecting people's performance?

[Dangers of Sleep Deprivation](#) [Science of Sleep](#)

[Are You Sleep Deprived?](#) [Why We Need to Sleep](#)

[Effects of Sleep Deprivation](#)

[How much sleep do you need?](#)

Alien Invaders

There are around 2000 invasive non-native species established in the UK. Some have been introduced deliberately, others by accident but they do a huge amount of damage to the UK's native wildlife.

What can you find out about the UK's invasive species?



What effects do non-native invasive species have on native wildlife? What can be done to stop the spread of non-native invasive species and limit the damage they cause?

[Top 5 Invasive Species](#) [Invasive Species ARKive](#) [Ten Deadly Invaders](#) [Preventing Spread](#)

World Space Week



Since its launch in 1999, World Space Week has grown into the largest public space event on Earth. This year the theme is "Exploring New Worlds In Space".

The Association for Science Education



The ASE is the leading professional learning community supporting science teachers from pre-school to higher education. A brilliant collection of publications and resources. Join the Twitter chat at #ASEchat every Monday evening; 8pm – 9pm.

Biology Week



October
7th – 15th



Biology Week from the Royal Society of Biology runs from the 7th to the 15th October. There are a huge number of live and virtual events happening across the UK.