

## Dear Educator,

Most middle school students have learned how important it is to eat nutritious food and engage in physical activity on a regular basis. But there's another important factor when it comes to maintaining good health that they might not know about — getting a good night's sleep. Studies show that sleep plays a vital role in improving and maintaining the physical and mental well-being of young people.\*

This free program from the American Academy of Sleep Medicine and the curriculum specialists at Young Minds Inspired includes three engaging, standards-based activities that will teach students in grades 6-8 about the many physical and mental benefits of proper sleep. Students will evaluate their own sleep behavior, discover tips for healthy sleep habits, and create posters to share these tips with their peers. The activities also include ideas to extend the learning to the home to involve family members.

Be sure to share this program with your colleagues, and please let us know your opinion of these learning materials by visiting [ymiclassroom.com/feedback-sleep](https://www.ymiclassroom.com/feedback-sleep). We look forward to your comments.

Sincerely,



Dominic Kinsley, PhD  
Editor in Chief  
Young Minds Inspired



Questions? Contact YMI toll-free at 1-800-859-8005 or by email at [feedback@ymiclassroom.com](mailto:feedback@ymiclassroom.com).

# SLEEP RIGHT, SLEEP TIGHT

## PROGRAM COMPONENTS

Available at [ymiclassroom.com/sleep](https://www.ymiclassroom.com/sleep):

- This one-page teacher's guide
- Three reproducible student activity sheets
- Standards alignment chart

## ACTIVITY 1 REAP THE BENEFITS OF SLEEP

What's so beneficial about a good night's sleep? Students may be surprised. Project the #SleepRechargesYou infographic (<https://sleepeducation.org/wp-content/uploads/2022/01/sleep-recharges-you-infographic.pdf>) on a smartboard, or have the students navigate to it on their own devices. Discuss each section. Ask students if they were aware of the health benefits of a good night's sleep. Has what they've read changed the way they think about sleep?

Pass out the activity sheet and have the students take the sleep survey and complete Part 2 of the activity. Then encourage the students to share the results of their survey in a class discussion, including whether they think they are getting enough healthy sleep. If not, what changes can they make to reap the numerous and important benefits of a good night's sleep?

**Extension Activity:** Encourage the students to give the sleep survey to family members. Do their parents get enough sleep? What about younger siblings? What can the family do to encourage the household members to get enough sleep?

## ACTIVITY 2 JUST THE (SLEEP) FACTS!

Ask students to share ways they stay healthy. Ask them if "getting a good night's sleep" is high on their list of healthy habits — or if it's even on their list at all. Why or why not? As students share their thoughts, ask questions to facilitate the discussion, such as: How many hours of sleep do you think is enough? Do you think we all need the same amount of sleep each night? Why do you think a good night's sleep is important for our health?

Pass out the activity sheet and go over the instructions. Ask students to predict how they'll do

when tracking their sleep. Remind them to bring their completed sleep trackers back in one week. At that time, ask the students to share their results, and then brainstorm ideas about how they can improve their sleep.

**Extension Activity:** Collect the class data from the tracking sheets. Post the numbers and have students work individually or in small groups to create a bar graph or pie chart using the data, and then analyze it. What's the average? Does the class get enough sleep? If not, how many more hours of sleep do they need per week? Per day?

## ACTIVITY 3 GETTING YOUR SHUT-EYE

Now that your students know how important a good night's sleep is to their physical and mental health, how can they best achieve it? It starts with healthy, consistent sleep habits. Show students the video "Why Are Teens So Sleepy?"; (or have them watch it on their own devices): [www.youtube.com/watch?v=8J32CMnLRZ4](https://www.youtube.com/watch?v=8J32CMnLRZ4)

Ask students to share some of the facts they learned from the video, in particular from the "10 Tips for Better Sleep" section at the end. Then pass out the activity sheet and go over the instructions. When the students are finished, encourage them to share their answers. Next, place students into pairs or small groups and have them write and illustrate posters featuring a series of catchy sleep tips aimed at their peers, combining good sleep habits with the consequences of getting too little sleep. For example, "Put down the electronics 30 minutes before bed to help avoid waking up dazed and confused!" Display the posters around the school to share the news about the importance of healthy sleep habits.

**Extension Activity:** Using what they've learned, have the students create fun, informational skits comparing a sleep-deprived student to a healthy-sleeper — taking a test, answering a question in class, showing up for practice or an after-school activity. They can perform the skits for their peers in other classes to help spread the word of the importance of healthy sleep!

## RESOURCES

American Academy of Sleep Medicine: [sleepeducation.org/](https://sleepeducation.org/)  
Ymiclassroom.com/sleep



\*[cdc.gov/healthyschools/features/students-sleep.htm](https://www.cdc.gov/healthyschools/features/students-sleep.htm)

# REAP THE BENEFITS OF SLEEP

Let's take a close look at your sleep habits and how a lack of sleep could be impacting your daily life.

## PART 1

Take this survey to find out more about your sleep habits. Mark each question Yes or No.

YES	NO
<input type="checkbox"/>	<input type="checkbox"/>

1. Do you often feel tired at school?
2. Are you too sleepy to complete homework at night?
3. Are you still tired when you wake up in the morning?
4. Have you ever felt yourself falling asleep at school?
5. Do you ever fall asleep when you get home after school?
6. Do you stay up late at night on school nights?
7. Do you ever get sleepy riding in the car or on the bus?
8. Are your weekend sleep habits different from weekdays?
9. Do you drink caffeine (energy drinks, coffee) to stay awake?
10. Do you get less than 8 hours of sleep at night?

## PART 2

If you answered "yes" to any of the questions above, it's possible that you aren't getting enough sleep. Tweens need 9 to 12 hours of sleep each night, and teens need 8 to 10 hours of sleep.

What could you do at bedtime to ensure you get a good night's sleep? What would be your ideal sleep routine? Write your ideas on the lines below.

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_



**Take-Home Sleep Tip:** Cozy bedtime routines are important to ensuring a healthy night's sleep. That might include dim lights, relaxing music, and a warm bath or shower.

Go to [sleepeducation.org](https://www.sleepeducation.org) to find out more.

# JUST THE (SLEEP) FACTS!

*It's a fact:* Sleep is a vital part of your overall good health. In fact, a lack of sleep can be just as detrimental to your mind and body as a snack-happy diet and a couch-potato lifestyle. Students your age need 8 to 12 hours of sleep each night — 9 to 12 hours for tweens and 8 to 10 hours for teens. But only 4 out of 10 middle school students and 3 out of 10 high school students get enough healthy sleep on school nights.\*

A lack of sleep can have consequences beyond dosing off on a group video call. It can lead to health problems such as obesity, Type 2 diabetes, and even mental health struggles such as attention and behavior issues.\* On the other hand, getting a good night's sleep benefits the body (helps with weight control, improves sports performance), mind (improves memory, sharpens focus, helps you make good choices), and mood (more patience, optimism, and energy)!\*\*

**PART 1**

Are you getting enough healthy sleep? Use the chart below to track your sleep for one week. Then, bring it back to class.

Night/ Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Bedtime							
Wake time							
Hours of sleep							

**PART 2**

If you consistently get 8 to 12 hours of healthy sleep per night, good job! If not, you're not alone. How can you improve your sleep — and your health? Write your ideas below and then test them out to see if you can hit the recommended amount of healthy sleep each night.

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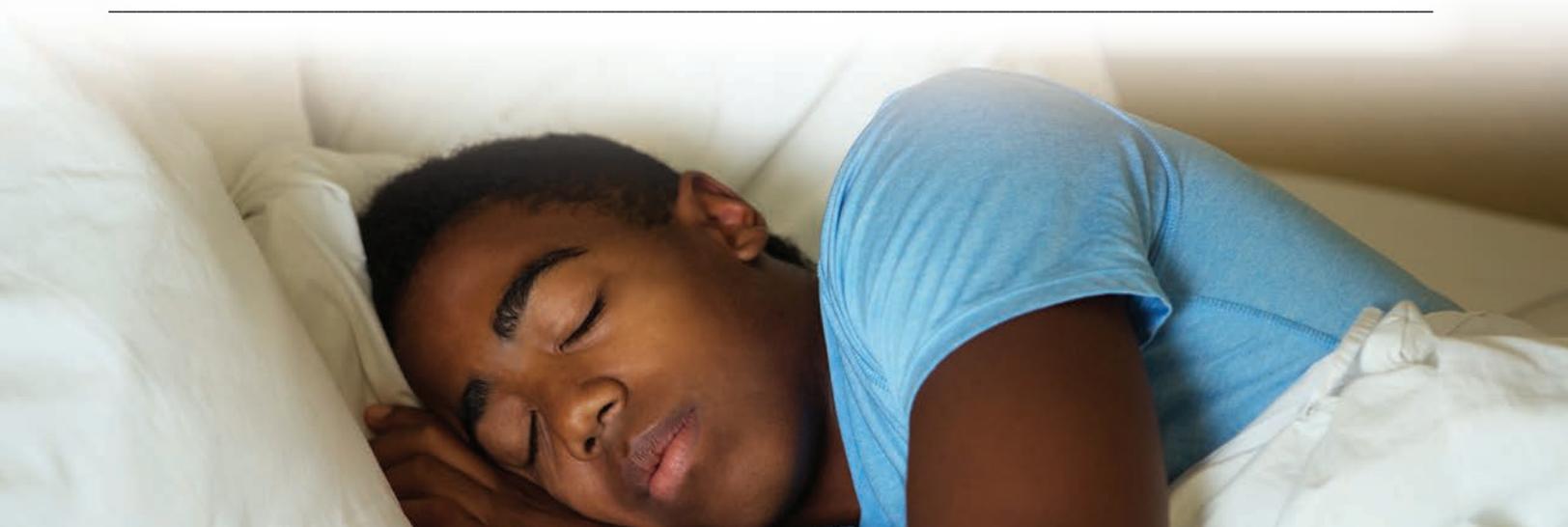
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**Take-Home Sleep Tip:** Help support your family's physical and mental health with sleep. Check that you're all getting enough sleep – every night. For helpful tips for healthy sleep, check out [sleepeducation.org](https://www.sleepeducation.org).

\*cdc.gov/healthyschools/features/students-sleep.htm

\*\*sleepeducation.org/get-involved/campaigns/sleep-recharges/educator-resources/

# GETTING YOUR SHUT-EYE

Now that you know the importance of a good night's sleep — for both physical and mental well-being — here is a list of tips for establishing healthy sleep habits.

## SLEEP RIGHT, SLEEP TIGHT!

- Set a bedtime that is early enough for you to get at least 8 hours of sleep (or 9 hours for tweens).
- Establish a relaxing bedtime routine.
- Make your bedroom quiet and relaxing. Keep the room at a comfortable, cool temperature.
- Limit exposure to bright light in the evening.
- Turn off electronic devices at least 30 minutes before bedtime.
- Don't eat a large meal before bedtime.
- Avoid consuming caffeine in the afternoon or evening.
- Engage in physical activity every day.
- Limit afterschool naps to 30 minutes or less and avoid naps after 4:00 pm.
- Give yourself time to relax and unwind before going to bed.
- Get some bright light in the morning when you wake up.
- Stick to your sleep schedule as closely as you can on weekends.

Choose two or three tips you do **not** currently follow, and then write about how you can change your sleep habits for the better by incorporating those tips into your bedtime routine.

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

Now, add at least one healthy sleep habit that is unique to you. For example, maybe you like to listen to white noise (a constant background noise that drowns out other sounds) to fall asleep, or maybe window shades that block light suit you, so no light gets into your room.

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**Take-Home Sleep Tip:** With your family, watch the video “Why Are Teens So Sleepy?” at [youtube.com/watch?v=8J32CMnLRZ4](https://www.youtube.com/watch?v=8J32CMnLRZ4).

You'll learn tips to help everyone get a better night's sleep.