

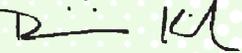
Dear Educator,

By the time they reach high school, most teenagers have learned that engaging in regular exercise and eating nutritious food are vital for a healthy lifestyle. Getting a good night's sleep, however, may not be high on their list of priorities — and it should be. Studies show that 8 out of 10 teenagers do not get enough sleep on school nights, and this can negatively affect their physical and mental well-being.*

This free program from the American Academy of Sleep Medicine (AASM) and the curriculum specialists at Young Minds Inspired will help students in grades 9-12 understand the importance of developing healthy sleep habits. It includes three engaging, standards-based activities that present facts on the physical and mental benefits of proper sleep, challenge students to evaluate their own sleep behaviors, and provide tips to help them develop a personalized plan for a good night's sleep.

Be sure to share this program with your colleagues to help all students optimize their sleep health, and please let us know your opinion of these learning materials by visiting [ymiclassroom.com/sleep](https://www.ymiclassroom.com/sleep). We look forward to receiving 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.

SLEEP WELL

TARGET AUDIENCE

Grades 9-12

PROGRAM OBJECTIVES

- Raise student awareness about the importance of good sleep habits for their academic success, mental well-being, and physical health
- Provide tips to help students improve their sleep habits
- Reinforce language arts and health skills

PROGRAM COMPONENTS

These materials are available at

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

- This teacher's guide
- Three reproducible activity sheets
- A standards alignment chart
- A feedback form

HOW TO USE THIS PROGRAM

Download, photocopy, and distribute the activity sheets. Use the resource links for additional information.

ACTIVITY 1

WHAT'S YOUR SLEEP IQ?

In this activity, students evaluate their understanding about sleep and correct any misconceptions.

Ask students to share health facts that they know or believe about sleep. Next, pass out the activity sheet and have students take the quiz in Part 1. Review and discuss the correct answers, then have students complete Part 2.

Answers: Part 1: 1. True. 2. False. A "yo-yo" sleep schedule disrupts circadian rhythms (the body's internal clock), which can lead to lower academic performance, worsen mental health issues, and lead to risky behaviors. 3. False. Studies show that teens do not go to bed much later when school start times are delayed, so teens do get more sleep when school starts later. 4. True. 5. True. Not only is driving while sleepy almost as dangerous as driving while drunk, but teen or young adult drivers have the highest risk of being involved in a drowsy driving crash. 6. False. Because most teens get insufficient sleep on school nights, daytime sleepiness during school hours is common. 7. True. But teens need more sleep than adults. 8. False. Energy drinks — and other sources of caffeine — boost alertness for a short period but don't eliminate the body's need for rest and recovery. In addition, caffeine and other stimulants can cause anxiety, insomnia, and other health issues. 9. False. A lack of sleep impedes retention of information no matter how hard you study. 10. True. Part 2: Answers will vary.

ACTIVITY 2

WHO NEEDS SLEEP? YOU!

In this activity, students will learn about sleep recommendations and tips for establishing healthy sleep habits.

Tell students that now that they will analyze their own sleep habits. Pass out the activity sheet and have the students complete Part 1. For Part 2, have the students work individually or in small groups and use peer suggestions and feedback to identify positive changes they can make to their bedtime routines. Answers will vary.

ACTIVITY 3

GETTING YOUR ZZZS?

In this activity, students will monitor their sleep for one week, assess the effects of their sleep habits, and determine where they might make improvements for healthy sleep. Students can download a sleep diary at [sleepeducation.org/resources/sleep-diary](https://www.sleepeducation.org/resources/sleep-diary).

Explain that although we all need a good night's sleep, each of us has unique sleep habits. Understanding how our bodies respond to those habits can help us measure our sleep health levels. By gathering data and looking for patterns, we can improve our sleep health. Pass out the activity sheet and go over the instructions for using the chart. Explain that at the end of the week, students will analyze any patterns in their feelings and performance that correlate to a lack of sleep, or conversely, patterns relating to getting a good night's sleep. Answers will vary.

Extension activity: Have the students apply what they've learned about healthy sleep habits by researching and writing an opinion piece about high school start times. Students might include scientific facts about the importance of sleep for teens, current debates around the topic, and any initiatives that local school boards are taking. Students may poll friends and family on their opinions as well. A good research resource can be found at [aasm.org/advocacy/position-statements/delaying-school-start-times-student-health](https://www.aasm.org/advocacy/position-statements/delaying-school-start-times-student-health). As an alternative, have students explore the debate over daylight saving time, including how the circadian rhythm is affected by the time change. As a culminating activity, consider hosting a class debate on the research topic.

RESOURCES

[sleepeducation.org](https://www.sleepeducation.org)

[sleepeducation.org/category/teens](https://www.sleepeducation.org/category/teens) – AASM site for teens
[ymiclassroom.com/sleep](https://www.ymiclassroom.com/sleep)



WHAT'S YOUR SLEEP IQ?

PART 1

Have you ever been told that it's important to get a good night's sleep? You might think it's just adults nagging you to go to bed at a decent hour — but there's real science behind that request. How much do you really know about sleep health?

Write "true" or "false" on the line before each statement.

- _____ 1. Teens need 8 to 10 hours of sleep per night.
- _____ 2. There is nothing wrong with staying up late on school nights and sleeping late on non-school days as long as you are getting enough sleep.
- _____ 3. Later school start times don't help teens get more sleep because they just go to bed later.
- _____ 4. Teens who don't get enough sleep on a regular basis have a greater risk of depression.
- _____ 5. Driving while sleepy is almost as dangerous as driving while drunk.
- _____ 6. Falling asleep in class demonstrates a lack of motivation, not sleepiness.
- _____ 7. Teens need less sleep than young children.
- _____ 8. Energy drinks are a healthy option to help teens stay awake.
- _____ 9. If you study all night before a test, you will remember the information better.
- _____ 10. Research shows that people who get insufficient sleep have less empathy for others and are less helpful than those who get enough sleep.



PART 2

Now that you know the science behind sleep, which facts surprised you the most? Write them below. Then come up with one way you can spread the word about the importance of healthy sleep habits.

- 1. _____
- 2. _____
- 3. _____
- 4. _____

How I can help spread the word about sleep health: _____

Visit sleepeducation.org to learn more about the importance of sleep and to improve your sleep habits, as well as your mental and physical health.



WHO NEEDS SLEEP? YOU!

PART 1

Studies show that, on average, teenagers need between 8 and 10 hours of sleep per 24-hour period. This means those hours cannot be “saved” for a later day — your body needs those hours of sleep each day, every day, for optimum physical and mental health.

There are things you can and should do to ensure a good night’s sleep. Read the 10 tips below. How many do you already do? Which ones do you think you could try? Check the appropriate box.

I do	I can try	Sleep Tip
		Try to get some physical activity every day.
		Avoid caffeine after school — including sodas, coffee, and energy drinks.
		Limit afterschool naps to 30 minutes or less and avoid naps after 4 p.m.
		Have meals around the same time every day and avoid eating too close to bedtime.
		Keep indoor lights dim at night.
		Put away your smartphone and other electronic devices at least 30 minutes before bedtime.
		Give yourself some time to relax and unwind before going to bed.
		Set a bedtime that will allow you at least 8 hours to sleep and keep as close to it as you can.
		Get bright light every morning when you wake up to signal to your brain that it’s time to be alert.
		Stick to your sleep schedule as closely as you can on weekends.

PART 2

How can you establish healthy sleep habits to recharge your body and mind? Use the calculator found at sleepeducation.org/healthy-sleep/bedtime-calculator to assess when you need to go to bed, knowing that this can be a challenge if your school start time is very early. Then, select some of the tips from the list above that you think will work best for you, and write about how you can implement them below.

My wake time: _____ My target bedtime: _____

Tips: _____

Visit sleepeducation.org to learn more about the importance of sleep and to improve your sleep habits, as well as your mental and physical health.



GETTING YOUR ZZZS?

PART 1

You know the importance of healthy sleep habits and how much sleep you should get each night. Now it's time to evaluate how much sleep you are actually getting, and how your sleep habits are affecting your activity during waking hours.

Use the chart below to track your sleep and record your activities for one week. List activities such as school, sports, driving, taking a quiz, presenting a report, working at an after-school job, homework, etc. Also identify how you feel, such as well-rested, sharp, and full of energy, or, conversely, depressed, angry, impatient, etc.

	Bedtime (Last night)	Waketime (Today)	Hours of sleep	Activities	Feelings/emotions/ performance
MONDAY					
TUESDAY					
WEDNESDAY					
THURSDAY					
FRIDAY					
SATURDAY					
SUNDAY					

PART 2

Once your chart is complete, analyze any patterns in your feelings and performance that correlate with a lack of sleep, or, conversely, patterns related to getting a good night's sleep. Write a self-reflection based on the data you've gathered. Use that information to determine where you might make changes to improve your sleep habits.

Visit sleepeducation.org to learn more about the importance of sleep and to improve your sleep habits, as well as your mental and physical health. Find a printable sleep diary in English and Spanish at sleepeducation.org/resources/sleep-diary.

