

What is it?

- About half of all Americans report difficulty with this at least occasionally.
- The National Highway and Traffic Safety Administration has estimated that it causes 100,000 auto crashes each year.
- It is attributed to 1,500 traffic-related deaths and tens of thousands of injuries and lasting disabilities.



What is it?

- It has been associated with behavior problems in youth, including hyperactivity, impulsivity and inattention.
- It has been associated with difficulty in concentration.
- It has been found to impair the ability to perform tasks involving memory, learning, and logic.
- It lowers the immune system.



Video Clip

- [Clip \(YouTube\)](#)

Inadequate Sleep

7.PCH.1.1 Explain health and academic consequences of inadequate rest and sleep



Do you get enough sleep?

- Does it take you more than 30 minutes to fall asleep at night?
- Do you wake up frequently during the night?
- Do you wake up too early in the morning?
- Do you have a difficult time going back to sleep if you wake up during the night?
- When you awaken, do you feel groggy or lethargic?
- Do you feel drowsy during the day, particularly during monotonous situations?

- If you answered yes to any of the six questions, you may have a “sleep debt”.
- Most teens need between 8 1/2 and 10 hours of sleep each and every night. If you are sleeping less, you may have a “sleep debt.”

What is a “sleep debt”?

- Video Clip
 - [Sleep Deprivation](#)

*Video Clip (BrainPop)

*Why do we need to sleep?

* Why is sleep so important?

* Sleep is essential for good health, mental and emotional functioning, and safety.

* Insufficient sleep is linked to:



- ❖ Increased blood pressure
- ❖ Weight gain
- ❖ Headaches
- ❖ Diabetes
- ❖ Depression
- ❖ Attention deficit disorder
- ❖ Impaired immune system

- * People with sleep disorders have difficulty staying awake during the day and are likely to be less productive.
- * Lack of sleep can impair judgment and even damage your relationships with others because it can cause emotional instability and difficulty processing and communicating information.
- * Studies show that adequate sleep enhances attentiveness, concentration, mood and motivation!



*** Why is Sleep
So
Important?**

How does not sleeping affect your school work?

- Difficulty staying awake during the day
- Less likely to be less productive
- Difficulty processing and communicating information





* Before the light bulb was invented about 100 years ago, people tended to sleep about 9 hours a night. Because of round-the-clock entertainment such as radio, TV, and computers, people are sleeping less and less.

* What happens when we sleep?

* Non-REM Sleep

- * Stage 1 - light sleep
- * Stage 2 - onset of sleep - breathing and heart rate are regular. Body temp drops.
- * Stage 3 & 4 - deepest and most restorative sleep. Blood pressure drops. Breathing slows, tissue growth and repair occurs, and energy is restored.

* REM Sleep (Rapid Eye Movement - approximately 25% of the night)

- * Provides energy to the brain and body.
- * Supports daytime performance.
- * Brain is active and dreams occur.
- * Eyes move back and forth.
- * Body becomes relaxed, as muscles are “turned off.”

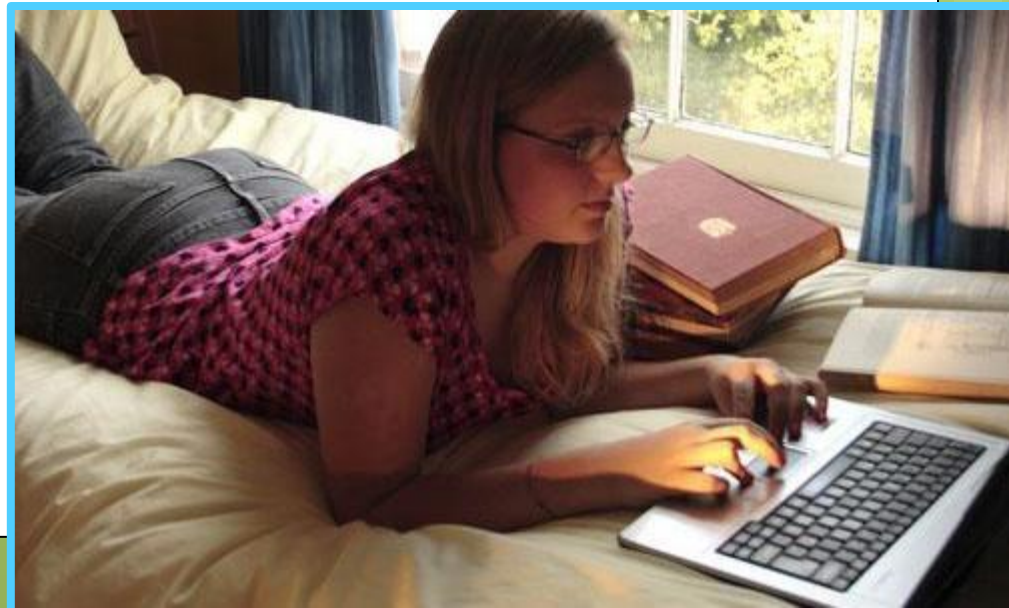
Secrets to Good Sleep

- Avoid caffeine late in the day and ALWAYS abstain from nicotine and alcohol. Caffeine and nicotine can delay sleep and alcohol may interrupt sleep. Do not go to bed hungry or stuffed. Your discomfort might keep you awake. Also – limit how much you drink before bed, to prevent disruptive middle-of-the-night trips to the toilet.
- If you have trouble sleeping, avoid taking naps.
- Do not exercise during the last 3 hours before bedtime.



Secrets to Good Sleep (Continued)

- Establish a regular bedtime routine that allows you to calm down and let your brain know it is time to sleep.
- Don't use your bed for anything other than sleeping. (Don't do homework or watch TV in your bed so you will associate your bed only with sleep.)



Secrets to Good Sleep

(Continued)

- Make your sleep environment as pleasant, comfortable, quiet, and dark as you need it.
- If you can't go to sleep after 30 minutes, don't stay in bed tossing and turning. Get up and involve yourself in a relaxing activity like listening to soft music or reading until you feel sleepy again.



Secrets to Good Sleep

(Continued)

- Regular physical activity can promote better sleep, helping you to fall asleep faster and to enjoy deeper sleep. But timing is important – don't exercise too close to bedtime. (You might be too energized to fall asleep.)



Secrets to Good Sleep

(Continued)



- If you still have difficulty sleeping, talk to your doctor. Sleep is important. Identifying and treating any underlying causes can help you get the sleep you deserve!

SLEEP-SMART TIPS FOR TEENS



- **Sleep is food for the brain:**
 - Get enough of it, and get it when you need it.
 - Even mild sleepiness can hurt your performance - - from taking school exams to playing sports or video games.
 - Lack of sleep can make you look tired and feel depressed, irritable, and angry.

SLEEP-SMART TIPS FOR TEENS (CONTINUED)

- Learn how much sleep you need to function at your best.
- You should awaken refreshed, not tired. Most adolescents need between 8½ to 10 hours of sleep each night.
- Know when you need to get up in the morning, and calculate when you need to go to bed a night.

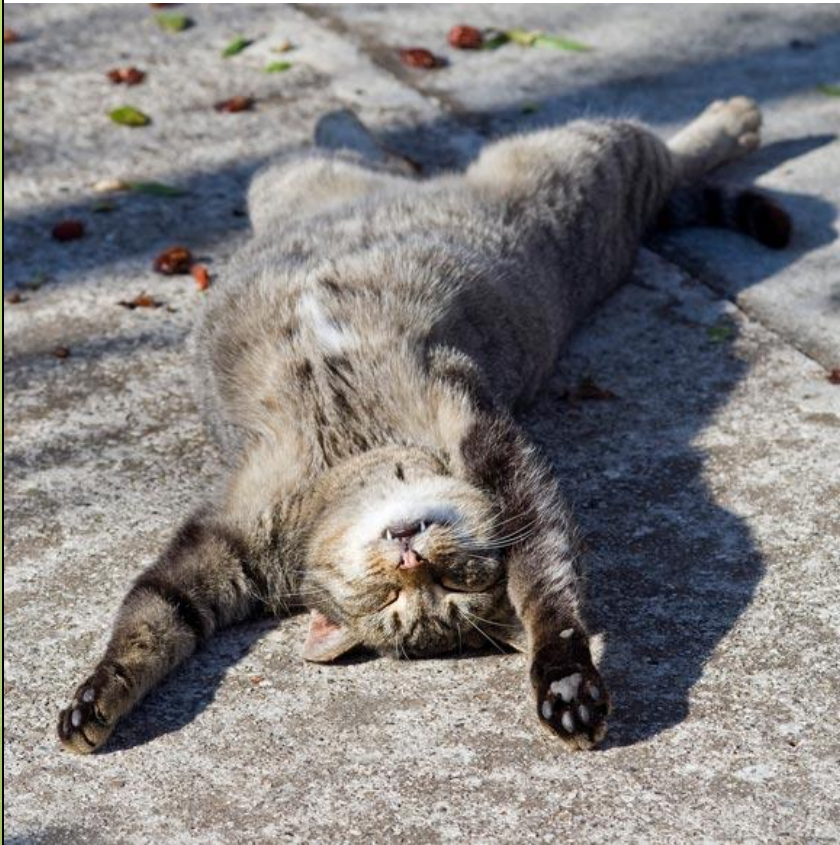


SLEEP-SMART TIPS FOR TEENS (CONTINUED)

- Get into the bright light as soon as possible in the morning, but avoid it in the evening.
- Light helps to signal to the brain when it should wake up and when it should prepare to sleep.



SLEEP-SMART TIPS FOR TEENS (CONTINUED)



- Relax before going to bed.
- Avoid heavy reading, studying, and computer games within one hour of going to bed.
- Don't fall asleep with the television on - - flickering light and stimulating content can inhibit restful sleep.
- If you work during the week, try to avoid working late night hours.

INDEPENDENT PRACTICE:

- Ask students to write a paragraph on how inadequate sleep could impact their academic success. Allow them to share in class.



INDEPENDENT PRACTICE:

Ask students to interview their parents about sleep. Topics could be “How well the student slept when they were a baby”, “How difficult it was to get the student to go to bed when they were a toddler”, or the parents’ own issues with sleep and any lessons they have learned.

CLOSURE:

Today we discussed the importance of sleep and tips for better sleep. You should now be able to identify how sleep contributes to good overall health and ways to improve your own sleep habits so you can perform at your best.