**Lesson 8: Strengthening ME Health – Sleep**

**Overview:** Students will learn key information about the benefits of sleep and techniques to improve their personal sleep habits to enhance ME health.

**National Health Education Standards**

**Standard 1:** Students comprehend functional health knowledge to enhance health.

**Standard 7:** Students demonstrate observable health and safety practices.

**Healthy Behavior Outcome (HBO):**

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| **HBO 2** | Engage in activities that are mentally and emotionally healthy. |

**Lesson Objectives –** Students will be able to:

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| **Objective** | **Assessments** |
| 1. Summarize the benefits of getting proper rest and sleep.
 | Attachment 8.1 – Interactive Sleep Worksheet |
| 1. Identify common barriers teen face to getting proper rest and sleep
 | Attachment 8.1 – Interactive Sleep Worksheet |
| 1. Create a plan to get proper rest and sleep that describes barriers and strategies to overcome those barriers.
 | Attachment 8.1 – Interactive Sleep Worksheet |
| 1. Apply at least one technique to improve their current sleep habits.
 | Attachment 8.1 – Interactive Sleep Worksheet |

Lesson Prerequisites or Assumptions:

* Students have discussed characteristics of mental and emotional health and behaviors that can help promote each (Lesson 1).
* Students have identified activities that strengthen ME (Lesson 5) and learned about setting boundaries (Lesson 6).

Introduction:

* Today we are going to be learning about the importance of sleep and how it can impact mental health. How do you feel when:
	+ You go to bed early and sleep the entire night in a comfy bed. (Let students respond with, “I feel \_\_\_\_\_\_\_ because \_\_\_\_\_\_\_\_.”)
	+ You spent the night tossing and turning, never really getting to sleep or stay asleep.
	+ It’s been a busy week, and now it is Thursday, and it was so hard to get out of bed.
* Proper rest and sleep can play an important role in someone’s mental and emotional health. We are going to discuss the benefits of sleep; common barriers to getting enough sleep; and strategies to get better sleep.

Teaching Steps:

* Have the students access the Interactive Sleep Document (Attachment 8.1) using their devices and explain the directions for the activity. *Using the links in the Google Doc, you will need to watch the video about sleep and answer the related questions, then complete the sleep inventory and reflect using the prompts provided.*
* Give students adequate time to complete the activity. Once the students are done with the activity, debrief with the students about their answers. Make sure not to force students to share their responses.
* Have the students submit/turn-in/close their Interactive Sleep Document and pass out the Tips for Better Sleep document. Go over each tip with students, offering clarity where needed. Ask students to share any additional techniques they are aware of to promote healthy sleep habits.
	+ Recognize when you need to improve your sleep; reach out; and use your resources to be rested and ready to be your best.

Closure:

* After going through each tip, explain that sleep is a very important part of not only our physical health, but our mental health as well. Getting good sleep takes practice, which is what we are going to do for homework. Choose one of the tips discussed in class today to promote better sleep habits, and try it at home tonight.  Tomorrow at the beginning of class, have the students write in their journals about the tip they tried and their results.

Additional resources:

* Attachment 8.2a (Tips for Better Sleep – Student Edition) and 8.2b (Tips for Better Sleep – Teacher Edition)

Attachment 8.1 Interactive Sleep Worksheet

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| **Task 1: Watch the video and answer the questions.**  |
| [Sleep and Teens – YouTube](https://www.youtube.com/watch?v=eaeIOvmjfVQ) | How many hours are teens supposed to sleep each night?On average, approximately how many hours of sleep do you get each night?  |
| List five benefits of getting a good night’s sleep: |
| List five reasons teens do not get enough sleep: |
| **Task 2: Complete the sleep inventory (Attachment 8.1b) and answer the reflection prompts.** |
| [Sleep Inventory](https://docs.google.com/spreadsheets/u/0/d/1eMokQ_F26kW9UEz-fIbs8W_6-rP9WWESMi-b2UmQUxY/edit) | Rate how well you sleep each night.  |
| 1Deep, deep sleep | 2 | 3 | 4 | 5Struggled to get to sleep or woke up often |
| List your barriers or distractors to getting good sleep. |
| What are three things you could do to improve your sleep habits? |

To get the recommended amount of sleep, I should be in bed by \_\_\_\_\_\_\_\_\_\_ on school nights.

To get the recommended amount of sleep, I should be in bed by \_\_\_\_\_\_\_\_\_\_ on non-school nights.



Attachment 8.1b: Sleep Inventory

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| **BACKGROUND:** Sleep is a basic need just like food, clothing, and shelter. Without sleep, our lives can become miserable. The incidence of sleep problems and disorders is increasing to alarming levels. Some college students think that sleep deprivation and other sleep problems are "normal" in college. Once abnormal sleep patterns are set, they become difficult to change. Sleep problems can easily be corrected, but it does take some time and adjustments. Sleep problems, when allowed to continue, can result in absenteeism, illnesses due to lowered immunity, accidents, and accidental deaths. |
| ***DIRECTIONS: Answer “Yes” or “No” to the following questions. Compare your answers to the evaluations that appear for each answer. Answer the reflection questions.*** |
| **Have you ever fallen asleep in class or while driving?** | **YES** | **NO** |
| Nodding off and falling asleep while driving is dangerous. You are more likely to be struck by a driver who has fallen asleep than by a drunken driver. Falling asleep in class may interfere with attention, memory retention, academic performance, and achieving future goals. |
| **Do you consider yourself a "night person" (function better at night)?** | **YES** | **NO** |
| Some people claim they are night owls. In truth, they have merely set their biological clock to be awake at night and asleep during the day. This often happens when people work evening and night shifts. If you’re having trouble getting up in the morning and functioning during the daytime, start going to bed 1 hour earlier at night until your pattern is set to accomplish what you need to do during the day. |
| **Do you avoid the use of caffeine, alcohol, or other substances after 8PM?** | **YES** | **NO** |
| Many students complain that they can’t get to sleep at night. One reason may be because they are unable to stop thinking or worrying about things. Another reason might be that they did not have time to "wind down" before they went to bed. The most common reason for being unable to get to sleep at night is caffeine use during the day. Stop caffeine intake between 6–8 p.m. The effects of caffeine last at least 2 hours. |
| **Do you give yourself at least one hour to "unwind" before going to bed?** | **YES** | **NO** |
| Bedtime rituals are just as important to adults as they are to children. A bedtime ritual should be at least one hour long. It may consist of tending to hygiene, walking the dog, making lunch for the next day, setting clothing out for the next day, prayer, meditation, or reading a book. Watching television as a bedtime ritual is not advised because it is difficult to watch for only an hour, turn it off, and go to bed. If you are not able to do this, it is better to not watch television at all. |
| **Do you have difficulty stopping your thoughts at night so you can sleep?** | **YES** | **NO** |
| Before we can relax, we need to take care of business and be prepared for the next day. It is easier to get an assignment done than worry about it all night long. Make a list of things that you have to do the next day and forget about them while you are sleeping. If you still have trouble getting to sleep, try clearing your mind. You can do a number of things such as saying a prayer, counting sheep, or using a mantra. A mantra is a one-syllable word said repeatedly in succession while keeping control of breathing. For example, inhale deeply, and when exhaling, say the word "one." If other thoughts creep in, go back to the word "one." Before you know it, you will find yourself waking up in the morning. |
| **Do you have a comfortable bed and pillow?** | **YES** | **NO** |
| Relaxing is best when we are comfortable. This means wearing comfortable clothing and controlling our sleep environment. The bed and pillows should be so comfortable that you look forward to "sliding into them." You may have to invest in a new mattress or buy some new pillows. If you have noisy neighbors or roommates, you can turn on a fan or some other type of "static" noise to shut out the disturbing noise. |
| **Is the room darkened when you are sleeping?** | **YES** | **NO** |
| Our brain tells us that when it is light we are supposed to be awake and when it is dark we should be asleep. A room that is not dark enough will make sleeping difficult. You may need to invest in some shades, blinds, or curtains to block unwelcome light. |
| **Is the temperature about 68°F?** | **YES** | **NO** |
| The ideal room temperature for sleeping is 65–68°F. You will sleep better if the room is slightly cool. If you do not have control of the thermostat, keep a fan in your room. |
| **Do you have a regular sleep time and wake time?** | **YES** | **NO** |
| Irregular sleep and wake times will confuse your brain and body. We need a schedule that we can depend on to function at our optimal best. In order to get 7–8 hours of sleep per night, a bedtime before midnight is best. If you have to stay up late, do it on the weekends when you can "catch up." Even though sleeping later in the morning sounds like a good idea, it can become a habit that results in missing morning classes or valuable time when you could have been productive. |

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| **When you wake up in the morning, does it take you more than 20 minutes to get out of bed?** | **YES** | **NO** |
| Two signs of a sleeping problem are hitting the snooze button several times in the morning and feeling groggy when you wake up. There is usually a "morning fog" but it should not last more than 20 minutes. If it does, you need to get to sleep earlier at night. |
| **Do you feel sleepy during the day?** | **YES** | **NO** |
| Excessive daytime sleepiness or falling asleep when you’re supposed to be awake and alert is something that requires immediate attention. One reason for fatigue is dehydration. We are more likely to be sleepy after lunch. One reason for this could be a "fatty meal" at lunchtime. Try eating a lighter lunch. If drinking plenty of fluids during the day, eating a lighter lunch, and getting to bed early doesn’t help, you may have a sleep disorder that requires medical intervention. |
| **Do you take naps during the day?** | **YES** | **NO** |
| Napping is not a good idea because it makes getting to sleep at night more difficult. Some people say that they can get by on 4–6 hours of sleep when they nap during the day. If you are sleep deprived, a long nap may be in order until you have a regular sleep schedule. If you are sleepy, getting up and walking about may help overcome the urge to take a nap. If you are unable to shake off the sleepiness, then a 20-minute nap is recommended. Any longer than that and you will wake up groggy. |
| **Do you snore?**  | **YES** | **NO** |
| Snoring is a sign of an airway obstruction, which means less oxygen is getting to the brain. A person who snores may find they have attention deficits, mood problems, or they are just sleepy all the time. If someone says you snore, you might want to find out why. Sleeping on your side is the first strategy to try. If that doesn’t stop the snoring, then you may need to see an ear, nose, and throat specialist to check for nasal, sinus, or pharyngeal obstructions. |



Attachment 8.2: Tips for Better Sleep (Student Edition)

* Be active during the day.
* Try limiting your caffeine.
* Stop using your devices at least 30 minutes before bed.
* Keep a sleep schedule.
* Don’t stress about sleep.
* Limit naps.
* Get more sunlight.
* Keep your bedroom quiet, comfortable, and dark for sleep.
* Try to use your bed just for sleeping.
* Practice a wind-down routine.
* Only have light snacks before bed.

Adapted from:

<https://kidshealth.org/en/teens/tips-sleep.html>

<https://www.nationwidechildrens.org/specialties/sleep-disorder-center/sleep-tips-for-adolescents>



Attachment 8.2b: Tips for Better Sleep (Teacher Edition)

* Be active during the day. Try getting at least 60 minutes of physical activity a day. This will help relieve stress, boost your mood, and make you feel tired at the end of the day.
* Try limiting your caffeine. Caffeine is a stimulant, which means it makes your mind and body feel awake and alert. Having caffeine near bedtime is going to make it harder for your body to start the natural process of becoming tired. Caffeine is found in things like coffee, tea, chocolate, energy drinks, and some soft drinks.
* Stop using your devices at least 30 minutes before bed. Electronic devices give off blue light, which tricks the body into thinking it is daytime. Staying off your phone, tablet, or other device at least 30 minutes before bed helps the body stay in the natural cycle of releasing melatonin and falling asleep.
* Pro tip: charge your device somewhere outside of your room at night or plug your charger in across the room from your bed.
* Keep a sleep routine. Try to wake up and go to bed at the same time every day, even on the weekends. This will help your body’s circadian rhythm become more in sync and help you fall asleep easier. Trying to sleep more on the weekends to catch up on missed sleep during the week does not work!
* Pro-tip: Don’t differ from your sleep schedule more than an hour either way. This means try not to go to bed or wake up more than an hour earlier or later than normal.
* Expect a good night’s sleep. Worrying about not sleeping can sometimes make it even harder to fall asleep. Try to keep a positive mindset about sleep so you do not feel stressed.
* Naps. Try to limit your naps to 15-20 minutes and only take a nap if you really need to. Napping too long or too late in the day can disrupt your sleep.
* Sunlight. Make sure to spend time outside in the sunlight. The sunlight helps your body’s internal clock to stay on schedule.
* Bedroom. Your bedroom should promote sleep. This means it should be comfortable, quiet, and dark around bedtime.
* Pro-tip: Try to keep your room cooler than 75 degrees Fahrenheit. This will make it easier to sleep.
* Bed. Try to only use your bed for sleeping. If you do other activities on your bed like playing games, homework, or listening to music, your brain will start to associate your bed with those activities and not sleep and rest.
* Wind-down routine. Create and practice your own wind-down routine. This is what you are going to do each night to prepare for bed. Some people like to brush their teeth, wash their face, change into their pajamas, and then read for a little bit before bed.
* Pro-tip: Everyone’s wind-down routine will be different, but make sure yours does not include electronics.
* Snack. Make sure to eat enough food during the day so that you are not hungry right before bed. It is OK to have a light snack before bed, but avoid a large meal close to an hour prior to bedtime.

Adapted from: <https://kidshealth.org/en/teens/tips-sleep.html> and <https://www.nationwidechildrens.org/specialties/sleep-disorder-center/sleep-tips-for-adolescents>