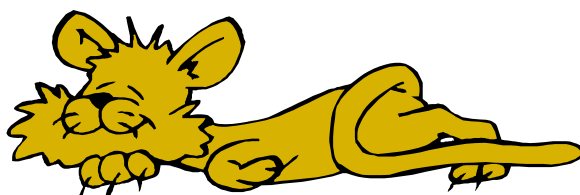


The importance of Sleep



Answer the following questions and email them to me.

1. Why is getting enough sleep so important?
2. How much sleep is recommended a night?
3. Is there a different amount of sleep recommended for teenagers versus adults?
4. What are the known adverse effects of not getting enough sleep?
5. Why do so many teenagers and adults not get enough sleep if it is so important?
6. Does what we eat or drink impact our ability to sleep well? If so, what foods and beverages have an impact?
7. What types of sleep disorders exist?
8. Where could one go to get help if he or she has a sleep disorder?
9. What are the different stages of sleep during a full night's rest? What stages are typically most affected by a lack of sleep?
10. What behavior and habit changes can one make to improve the amount of sleep one gets?
11. **Reflection questions:**
 1. After completing your sleep journal, do you think that you get enough sleep?
 2. What are some changes that you could make to improve your sleep?
 3. Do you think school start time should change to accommodate teenagers sleep needs?
12. Watch the following videos and **give your opinion or thoughts** on the information presented.

1. <https://www.youtube.com/watch?v=FF0lxhThzHY>
2. <https://www.youtube.com/watch?v=VQGFo95u2LY>

Resources:

<https://www.sleepfoundation.org/sleep-topics>

<https://www.sleepfoundation.org/articles/screen-time-and-insomnia-what-it-means-teens>

<https://www.youtube.com/watch?v=3MbLSnGOCDk>

<https://www.youtube.com/watch?v=QCDjeZS3aYI>