

Sleep Assignment

Name: _____

Block: _____

Big Idea: Healthy choices influence our physical, emotional & mental well-being.

Curricular Competencies:

- Assess factors that influence healthy choices and their potential health effects
- Potential short-term and long-term consequences of health decisions, including those involving sleep routines

Please read the assigned handout *Healthy Sleeping*. It can also be found online here:

http://teenmentalhealth.org/wp-content/uploads/2014/08/Healthy_Sleeping.pdf

Answer the following questions:

1. Getting enough sleep is essential for your physical and emotional health.

a) Give two examples of the positive effects sleep has on the brain.

b) Give at least three negative emotional effects that can occur if you don't get enough sleep.

2. Strategies for getting healthy sleep - You can control what you eat and drink!

What food & substances should you avoid before going to bed?

1 _____

2 _____

3 _____

4 _____

3. Strategies for getting healthy sleep - You can control your sleep environment!

a) Describe an appropriate environment for getting a good night's sleep

4. Strategies for getting healthy sleep - You can control what you do during the day and before bed!

Give at least 4 examples of what you can do during the day (and close to bed) time that will help you get to sleep and have a healthy sleep.

- 1) _____
- 2) _____
- 3) _____
- 4) _____

5. Strategies for getting healthy sleep - You can control what you do when you are falling asleep!

Give at least 2 ideas for what you can do to help you fall asleep once in bed.

6. What are at least three things you can do or change personally to help you get a better sleep? Of all these strategies and "controls," what are the ones that are meaningful to you and that you think you might want to try out to help you get to sleep and to sleep better?

- a) _____
- b) _____
- c) _____