



American
Heart
Association.



THE IMPORTANCE OF SLEEP

OVERVIEW

Sleep plays a key role in overall physical, mental, and emotional health.

Lack of adequate sleep can severely impact attention span, contribute to behavior problems, and is a risk factor for cardiovascular disease.

Experts recommend kids and adolescents limit leisure screen time to no more than two hours a day as increased screen time can directly impact sleep patterns.

KEY LEARNING OBJECTIVES

Describe how getting inadequate sleep can affect your heart health.

Explain three best practices for developing good sleep habits.

Explain the relationship between exercise and sleep.

FACTS

Young teens who slept less than seven hours a night tended to have more body fat, elevated blood pressure and less healthy cholesterol levels. (1)

Lack of adequate sleep is directly correlated to weight control issues and obesity. (2)

For students in grades 9-12, only about 27% met aerobic activity recommendations of at least 60 minutes of physical activity every day. (3)

Experts recommend kids and adolescents limit leisure screen time to no more than two hours a day. (4)

Sleep recommendations are 9-12 hours for ages 6-12 and 8-10 hours of sleep for ages 13-18. (5, 6)



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OPENING QUESTIONS TO ASK YOUR CLASS

How many hours of sleep did you get last night? Is that a normal amount?

How many hours a night of sleep do you average each week?

Optional follow up question

What could you change to get more sleep each night?

TEACHING LESSON

Getting a good night sleep is scientifically proven to aid your body in many ways. The amount and quality of sleep can influence your eating habits, mood, memory, internal organs and more.

When you sleep your body releases growth hormones that aid in rebuilding muscles and joints which leads to growth and quicker recovery times, especially from injuries.

Proper sleep

Getting proper sleep may not be as simple as it sounds. A lot of what we do while awake directly affects the quality of our sleep. If you have trouble sleeping, there are many techniques one can try to begin to create proper sleep habits.

Studies have shown that getting less than 6 hours of sleep per night or waking frequently can have several adverse effects on your health including raising plaque buildup in your arteries which leads to increased risk of heart disease.

STUDENT ACTIVITY OPTIONS

Compare class sleep averages to national averages using CDC infographic.

Create posters to promote best practices for good sleep habits.

Students create individual sleep plans.

Utilize a Sleep Log to track sleep over the course of a week.

Create presentations on how a sleep plan went during the week.

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Each morning record how many hours of sleep you had, if you followed a routine before bed, and if you woke up feeling rested. How can you improve your quality and quantity of sleep?

Understand your sleep habits	Total Hours of sleep	Did you follow a routine before bed?	Did you wake up feeling rested?
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

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Appendix

PRINT AND DIGITAL

1 - Today's Sleepy Teens May Be Tomorrow's Heart Patients ([link](#))

2 - Inadequate Sleep as a Risk Factor for Obesity ([link](#))

3 - Heart Disease and Stroke Statistics – 2019 Update ([link](#))

4 - Limit Screen Time and Get Your Kids (and the Whole Family) Moving ([link](#))

5 - Understanding Childhood Obesity ([link](#))

6 - CDC – How much sleep do I need? ([link](#))

CDC – Sleep in Middle and High School Students ([link](#))
(digital only)

CDC Sleepy Kids Infographic ([link](#))

How to Sleep Better (Sleep Hygiene) Infographic ([link](#))

How to Sleep Better with a Bedtime Routine ([link](#))

Sedentary Behaviors in Today's Youth: Approaches to the Prevention and Management of Childhood Obesity ([link](#))

Short Sleep Duration as a Risk for Hypertension ([link](#))

Sleep Hygiene Infographic ([link](#))

Sleep Log (Print only)