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Catching ZZZs could be the key to unlocking a healthier you. The amount and quality of sleep can influence your eating habits, mood, memory, internal organs and more.

Catching ZZZs

OVERVIEW

This worksheet will provide you with tips and tricks to help your students get a better night's rest. Sleep is key to students performing at their best.

In this activity students will be asked to self-evaluate their sleeping habits, learn the value of a good night's rest, and best practices on how to achieve the recommended 8-10 hours per night for teens.



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OPENING QUESTIONS TO ASK:

- Have you fallen asleep with your phone in your hand?
- Do you reach for your phone the moment you wake up?
- What other things get in the way of getting enough sleep?
- What helps you to sleep well at night?

HERE ARE SOME TINY TWEAKS YOU CAN TRY:

- **Move it.** Charge your device overnight somewhere other than next to your bed. Keep it farther away, or better yet, in another room. You'll survive the separation, we promise!
- **Dim it.** Staring into the bright light of your phone may mess with your Circadian rhythm and your melatonin production. Using a red filter app may help reduce your exposure.
- **Set it.** Set an alarm to go to bed. Alarms don't have to be just for waking up. Use one to remind you that it's time to wrap it up for the night.
- **Lock it.** Is the temptation just too strong to keep scrolling through cat videos? Use an app blocking app that makes it impossible for you to fall into the bleary-eyed scroll trap after a certain hour.
- **Block it.** Do you check notifications when your phone buzzes at night? Use the "do not disturb" function to block all notifications during sleep hours.

ACTIVITY

1. Complete the Fact or Fiction quiz.
2. Review answers and discuss.
3. Ask students to write down three ways they can improve their quality of sleep, based off what they learned.



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FACT OR FICTION QUIZ:

1. All people require the same amount of sleep. False

The amount of sleep we require changes as we grow. For example, babies need a lot more as they are in a formative period and experiencing significant development.

2. Scrolling social media before bed can hinder your ability to fall asleep. True

Cell phones, computers, and TV's present what is called blue light. This light makes your brain think it is still daytime (even in a dark room) and confuses your brain. Remove any distracting electrical items from your sleep space.

3. If I nap during the day, I won't sleep at night. False

Napping at the right time and for the right duration won't affect your ability to sleep at night. In fact, it may actually improve your chances of drifting off to dreamland. That's because being over-tired can make it harder to fall asleep. Try a short, 30-minute nap in the early afternoon.

4. A late-night exercise routine can help tire you out and make it easier to sleep. False

Exercise can release dopamine into the brain, increasing energy levels rather than settling your brain for sleep.

5. Journaling before bed can calm your mind making it easier to sleep. True

Sometimes the day-to-day stressors of life can crowd your mind with thoughts and to-do lists. Journaling before bed can create a feeling for preparedness and calm the mind enough to get a quality nights rest.

6. A consistent sleep schedule will improve your quality of sleep. True

Consistency in your schedule allows your body to gain muscle memory. This will make it easier for your body to both fall asleep and wake up.

7. Setting the environment with calming LED light strips will help you fall asleep. False

While the LED lights in your room may set the perfect ambiance, they can actually disrupt your sleep and make it harder to turn off your brain before bed. When falling asleep, it's optimal to be in a dark room without light from electronics.

PUTTING IT INTO PRACTICE:

With all the new knowledge the students have about proper sleeping habits, ask them to write down three things they can change to improve their quality and quantity of sleep.