



SLEEP | Teacher Resource

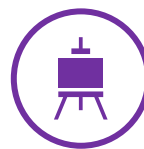
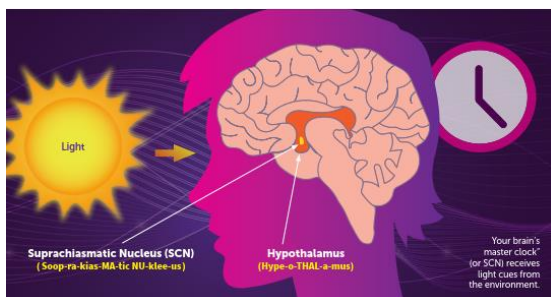
HPE | GRADE 6-12|

Circadian Rhythms and Sleep

Our bodies operate on a 24-hour internal clock known as circadian rhythms, controlled by a "master clock" in the brain called the suprachiasmatic nucleus (SCN). This clock is influenced by light signals and regulates our sleep-wake cycles, energy levels, and even digestion. During adolescence, hormonal changes cause shifts in the sleep cycle, making teens more inclined to stay up late and sleep in. However, irregular sleep patterns and exposure to blue light from devices can disrupt these rhythms, leading to fatigue and difficulty concentrating. Consistent sleep schedules and minimizing screen time before bed can help maintain a healthy rhythm. Teens are recommended to get 8–10 hours of sleep nightly for optimal health and performance.



The Spring 2020 issue of the *Pathways* student magazine focused on the science of sleep. *Pathways* is developed by Scholastic in partnership with the National Institute of General Medical Sciences (NIGMS). The circadian rhythms issue comprises a student magazine, teaching guide, activities, and videos.



- [Complete teaching guide](#)
- [Magazine only](#)
- [Activities only](#)
- [The Science of Sleep – Interactive digital tool](#)
- [The Science of Sleep – Kahoot! quiz](#)

Sleep 101

[An Introduction to Teen Sleep](#)

https://letsleep.org/Teachers/videos/Sleep_Detective_I_Hate_Waking_Up_in_the_Morning

The online, interactive [Sleep 101 education program](#) was developed by the non-profit organization Healthy Hours in collaboration with sleep experts from Harvard Medical School and Brigham & Women's Hospital. The program — which takes about 25 to 30 minutes to complete — uses videos, activities, and games to provide a broad survey of the many ways that sleep affects life in high school. It also provides practical tips on how to improve sleep quality. The high school version of the program is currently available at no cost to students, teachers, and the public.

Register to receive an access code and instructions for how to share Sleep 101 with your students

Free [Registration](#)

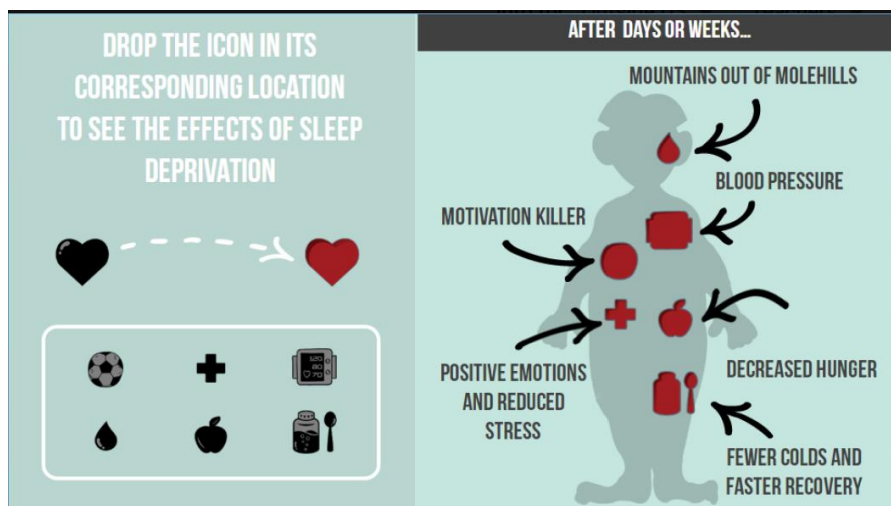
The program covers a variety of topics including:

- Using sleep to boost school performance
- Mental health and sleep deprivation
- Caffeine use – myths and realities
- The impact of all-nighters
- Short- and long-term health effects of sleep deprivation
- Sleep and athletics
- Tips for setting up a sleep-friendly bedroom

The Cleveland Adolescent Sleepiness Questionnaire is a great resource available at no cost. Students can take this questionnaire to find out more about their sleep.



[Download the Sleep Questionnaire](#)



Sleep Lesson Plan

Sleep affects not only how much energy we have, but also our abilities to learn, be creative, and play sports. This lesson plan was developed by the Nemours Foundation through its KidsHealth in the Classroom initiative. As part of the "[Human Body Series](#)," it will help your students understand how the human body works. It includes a teacher's guide, sleep storyboard and sleep log activities, and a quiz.

KidsHealth | **Human Body Series**
Sleep

Name: _____ Date: _____

Instructions: Complete this log for 7 days. If you're not getting enough sleep, you'll notice a number of signs of sleep deprivation in your life. Consider checking your sleep patterns over time. If necessary, make a plan to make sure you're getting enough sleep.

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Yesterday, I exercised for this many minutes:							
Yesterday, I (check all that apply):							
Ate too much	☐	☐	☐	☐	☐	☐	☐
Didn't eat enough	☐	☐	☐	☐	☐	☐	☐
Had a drink with caffeine, like soda or tea	☐	☐	☐	☐	☐	☐	☐
Yesterday, I (check one):							
Felt like an energy	☐	☐	☐	☐	☐	☐	☐
Was tired all day	☐	☐	☐	☐	☐	☐	☐
Felt sleepy in the afternoon	☐	☐	☐	☐	☐	☐	☐
Yesterday, I took a nap (check one):							
True	☐	☐	☐	☐	☐	☐	☐
False	☐	☐	☐	☐	☐	☐	☐
Last night, I went to bed at this time:							
Last night, I fell asleep at this time:							
Today, I woke up at this time:							
Last night, I slept for this many hours:							

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- [Teacher's Guide](#)
- [Handout: Sleep Storyboard](#)
- [Handout: Sleep Log](#)
- [Sleep Quiz](#)
- [Sleep Quiz Answer Key](#)
- [Teen sleep poster](#)

Sleep Well Education

<https://sleepeducation.org/>

Raise student awareness about the connection between sleep and physical and mental well-being with [standards-based activities](#) that will present the facts on the benefits of developing healthy sleep habits, challenge students to evaluate their own sleep behaviors, and provide them with tips to develop their own personalized plan for a good night's sleep

- [Annual High School Video Contest](#) – American Academy of Sleep Medicine
- [Cleveland Adolescent Sleepiness Questionnaire](#) – Case School of Medicine
- [Sleep Diary](#) – American Academy of Sleep Medicine (fillable and printable)
- [Teen Drowsy Driving Skit](#) – American Academy of Sleep Medicine
- [Doze browser-based app for teens & young adults](#) – Ryerson University | Canadian Institutes of Health Research

The program offers:

- [Complete Teaching Kit](#)
- [Activity 1: What's Your Sleep IQ?](#) – pre learning
- [Activity 2: Who Needs Sleep? You!](#) – I do and I can try sleep activity
- [Activity 3: Getting Your ZZZs?](#) – sleep, bedtime wake time, and feeling activity chart



Classroom Presentations

[Dangers of Drowsy Driving](#) (PowerPoint) – American Academy of Sleep Medicine

[Careers in Sleep](#) (PowerPoint) – American Academy of Sleep Medicine [American Academy of Sleep Medicine | AASM](#)