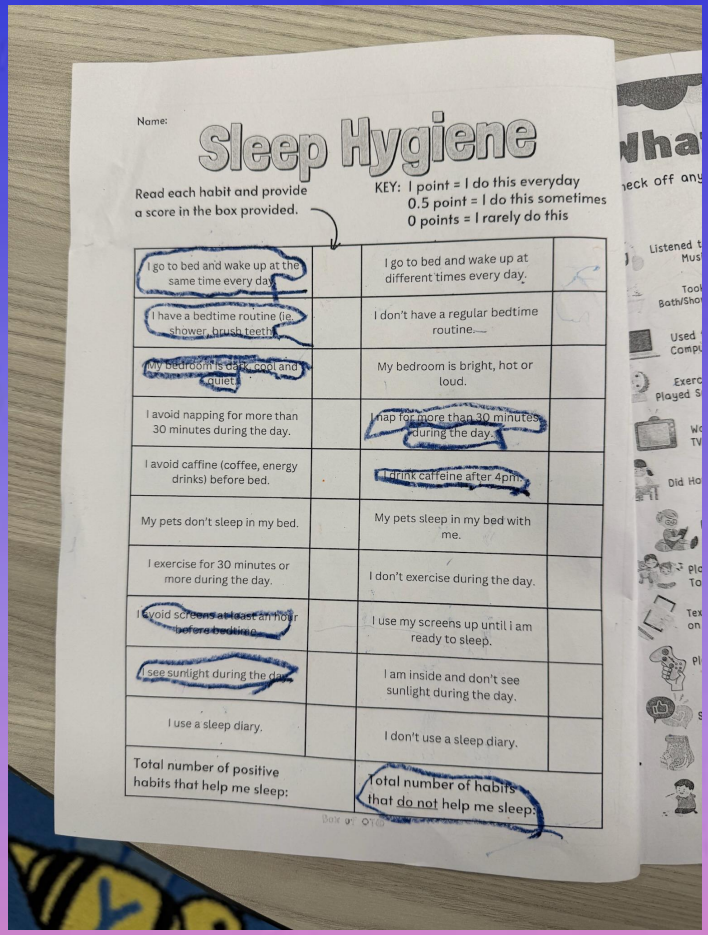
Don’t Snooze On Your Health

Introduction

To study human health and behavior, we discussed the science behind why we need sleep, what is happening in the body as we rest, and how much sleep children of different ages should be getting each night. We also explored the benefits of good sleep and took a sleep hygiene assessment prior to beginning our sleep study.



Name:

Sleep Hygiene

Read each habit and provide a score in the box provided.

KEY: 1 point = I do this everyday
0.5 point = I do this sometimes
0 points = I rarely do this

I go to bed and wake up at the same time every day.		I go to bed and wake up at different times every day.	
I have a bedtime routine (ie. shower, brush teeth)		I don't have a regular bedtime routine.	
My bedroom is dark, cool and quiet.		My bedroom is bright, hot or loud.	
I avoid napping for more than 30 minutes during the day.		I nap for more than 30 minutes during the day.	
I avoid caffine (coffee, energy drinks) before bed.		I drink caffeine after 4pm.	
My pets don't sleep in my bed.		My pets sleep in my bed with me.	
I exercise for 30 minutes or more during the day.		I don't exercise during the day.	
I avoid screens at least an hour before bedtime.		I use my screens up until I am ready to sleep.	
I see sunlight during the day.		I am inside and don't see sunlight during the day.	
I use a sleep diary.		I don't use a sleep diary.	
Total number of positive habits that help me sleep:		Total number of habits that do not help me sleep:	

Image source: teacherspayteachers.com

Essential Question

How does good sleep contribute to my school performance?

Prediction

Image source: S. Hamrick

The better sleep habits I have the better quality my sleep will be, resulting in more energy and focus in the classroom.

Procedure

Students tracked their sleep habits for **two weeks** including their daily moods, energy levels, hours of sleep, and activities before bed.

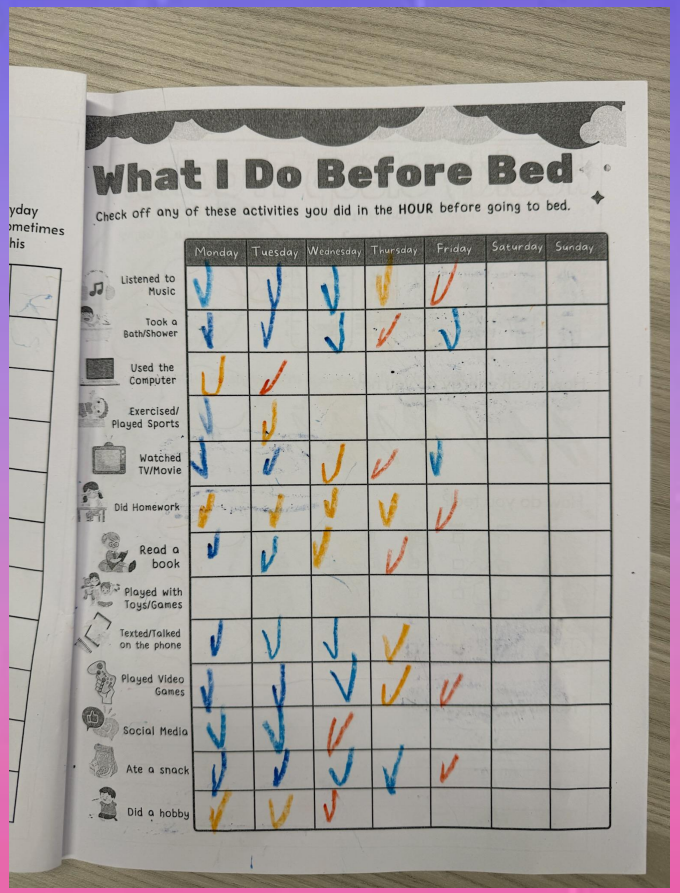
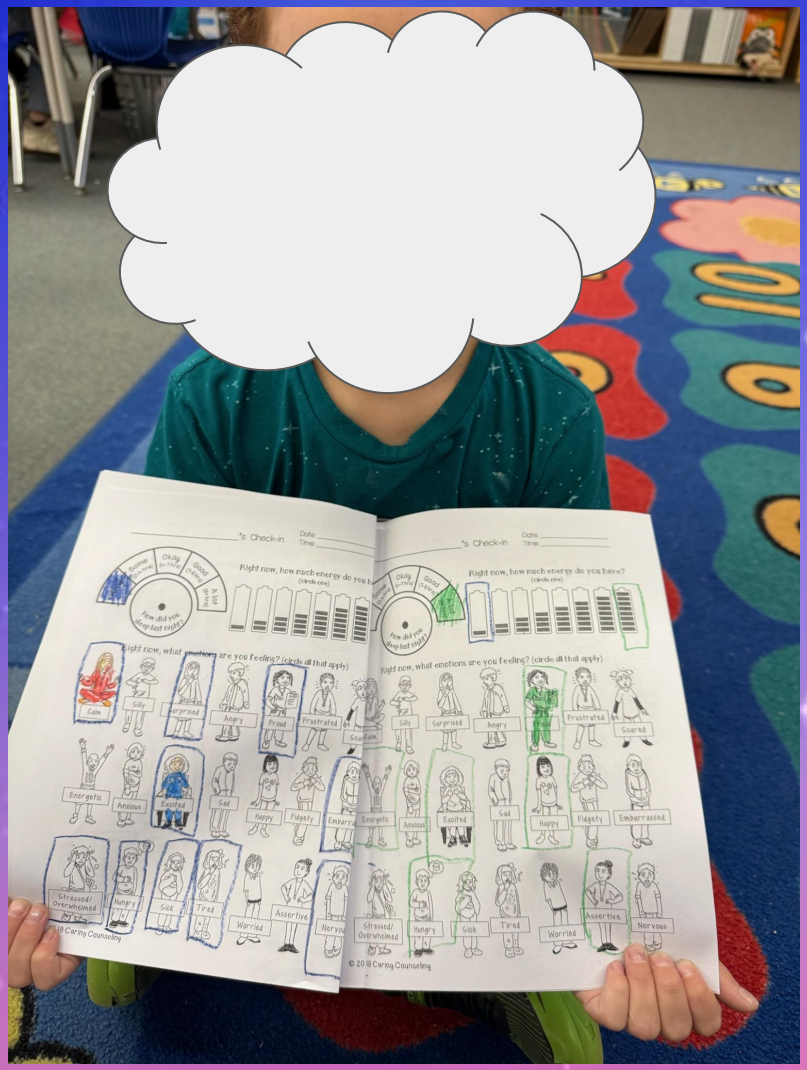


Image source: S. Hamrick

Results



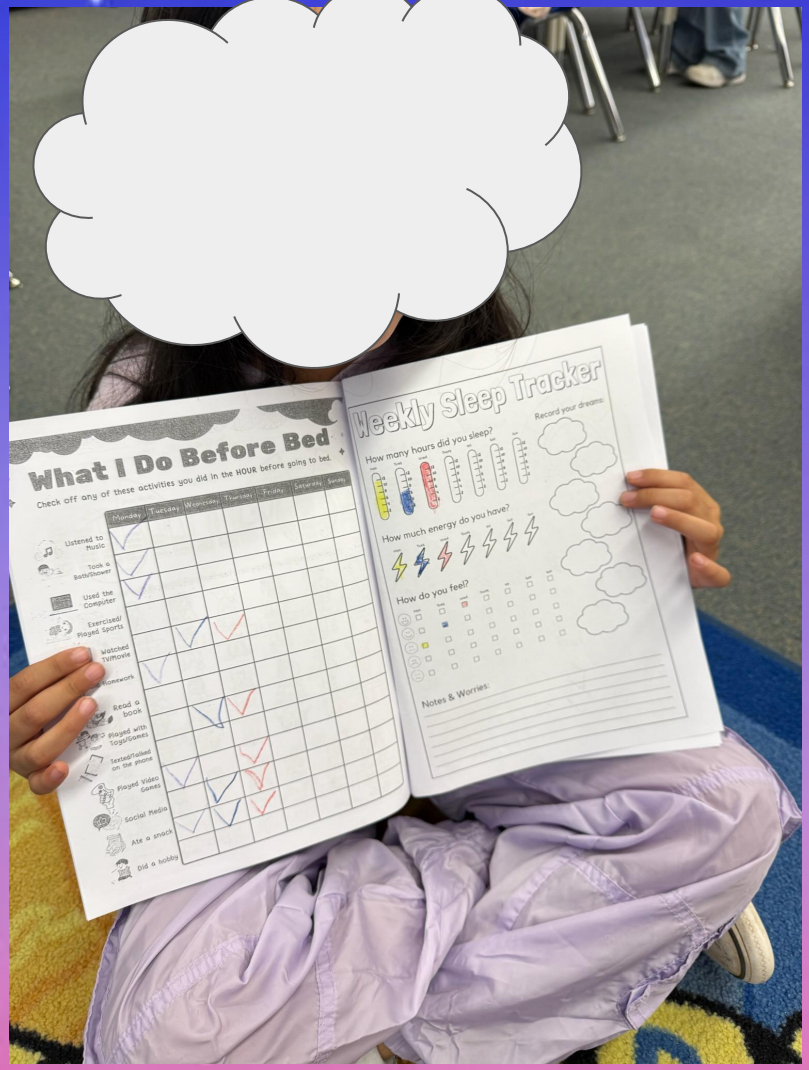
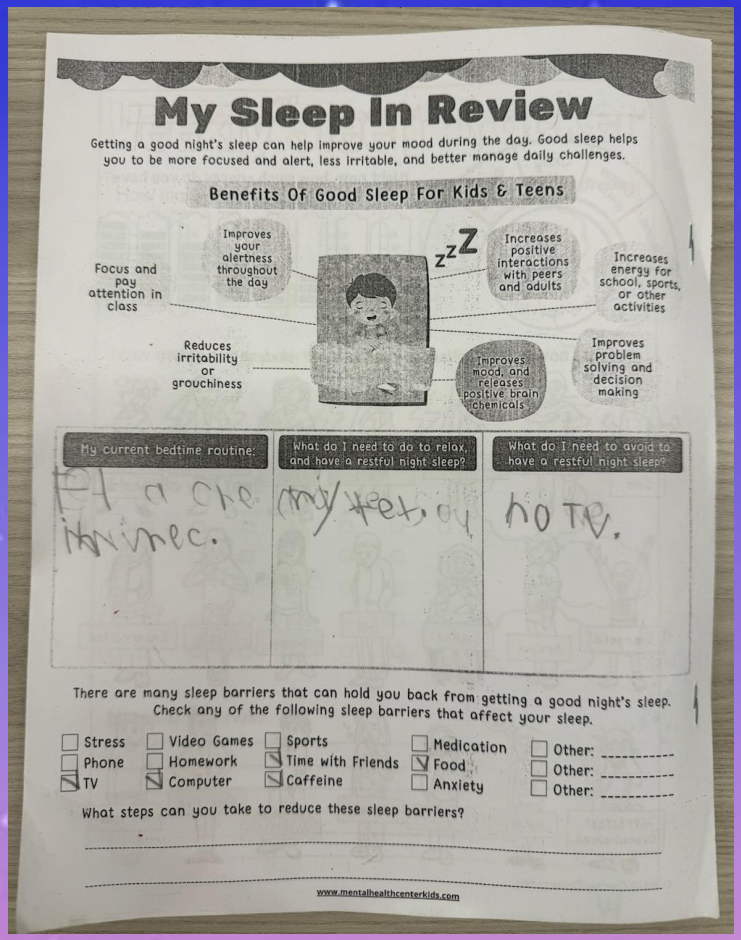


Image source S. Hamrick

Discussion

Image source: S. Hamrick



My Sleep In Review

Getting a good night's sleep can help improve your mood during the day. Good sleep helps you to be more focused and alert, less irritable, and better manage daily challenges.

Benefits Of Good Sleep For Kids & Teens

Focus and pay attention in class

Improves your alertness throughout the day

Reduces irritability or grouchiness

Increases positive interactions with peers and adults

Increases energy for school, sports, or other activities

Improves mood, and releases positive brain chemicals

Improves problem solving and decision making

My current bedtime routine:	What do I need to do to relax, and have a restful night sleep?	What do I need to avoid to have a restful night sleep?
[illegible]	[illegible]	no TV.

There are many sleep barriers that can hold you back from getting a good night's sleep. Check any of the following sleep barriers that affect your sleep.

- ☐ Stress
- ☐ Phone
- ☒ TV
- ☐ Video Games
- ☐ Homework
- ☒ Computer
- ☐ Sports
- ☒ Time with Friends
- ☒ Caffeine
- ☐ Medication
- ☒ Food
- ☐ Anxiety
- ☐ Other: _____
- ☐ Other: _____
- ☐ Other: _____

What steps can you take to reduce these sleep barriers?

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After two weeks of keeping track of their sleep habits, students went back and looked over their data to identify patterns and what they noticed. We talked as a class about what each student noticed and developed common trends. Overall the trend was that the more sleep they got, the better they felt the next day in regard to mood and energy level.

Ideas for future research

★ Does what I eat before bed have an effect on my sleep and my dreams?

★ What else might sleep effect besides my mood?

★ What does it mean if I don't have dreams? Am I getting good quality sleep?

References

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