**S-1: Sleep Hygiene**  Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Date\_\_\_\_\_\_\_Per\_\_\_

Answer questions 1-5 on a separate sheet of paper, and staple it to this handout **(question 5 is at the bottom of this page)**

1) When do you usually go to bed on **school nights**, and when do you wake up?

2) When do you usually go to bed on **weekends**, and when do you wake up if you can sleep in?

3) Describe the **quality** of your sleep: do you have difficulty falling asleep, do you wake up in the middle of the night, etc.?

4) How do you feel about the amount of sleep you get? How does it affect you throughout the day? (Include examples!)

Using the following resources, fill in chart below and then **circle the box that describes you** for each row.

* \*Health Textbook chapter 6.4
* ASAP Science – How much sleep do you actually need? <https://www.youtube.com/watch?v=SVQlcxiQlzI>
* ASAP Thought – How to get better sleep <https://www.youtube.com/watch?v=FYANFaEGGXQ>
* ASAP Science – Should you use the snooze button? <https://www.youtube.com/watch?v=P6zcSFA7ymo>

|  |  |  |  |
| --- | --- | --- | --- |
|  | **Bad** | **Better** | **Best** |
| **Amount of sleep** |  |  |  |
| **\*Sleep routine** |  |  |  |
| **\*Exercise** |  |  |  |
| **\*Caffeine** |  |  |  |
| **\*Relaxing** |  |  |  |
| **\*All Nighters** |  |  |  |
| **\*Activities in bed** |  |  |  |
| **Napping** |  |  |  |
| **Lights/electronics** |  |  |  |
| **Night time ritual** |  |  |  |
| **Snooze button** |  |  |  |

5)Knowing that sleep is important for long-term memory, recovering from exercise, alertness and energy, focus and concentration, relieving stress, and lowering your risk of developing disorders (like heart disease, obesity, & diabetes); what improvements would you be willing to make to your sleep habits in order to improve your physical and mental health? Explain in 1 paragraph!