**W-9: 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!

**Sleep Correlations** (These practice problems are NOT part of W-9)

*1 stamp for questions 1-3, 1 stamp for 4-5, and 1 stamp for 6-7*

**College football players were required to sleep 10 hours each night for 6 weeks. Afterward, their 40-yard dash time improved, and they were less tired. The coach concluded that sleeping more causes improvements to some kinds of physical performance.**

1) Do you support the coach’s conclusion? Can sleeping more help in sports? Explain!

**People that sleep fewer than 6 hours or more than 9 hours per night are more likely to die earlier compared to people that sleep 7-8 hours. Sleepsmarter.com concludes that sleeping too little or too much causes health problems, so people can be healthier if they change their sleep habits so they only get 7-8 hours per night.**

2) Do you support Sleepsmarter.com’s conclusion about people **sleeping fewer hours**? Can people that normally sleep only 6 hours each night lower their risk of health problems by sleeping more? Explain!

3) Do you support Sleepsmarter.com’s conclusion about people **sleeping too many hours**? Can people that normally sleep 9+ hours each night lower their risk of health problems by sleeping less? Explain!

**Kids (age 5 and under) whose parents have a bed time rule scored higher on a language/math test compared to kids without a bed time rule. The news reporter concluded that sleeping more improves language and math skills.**

4) How could having a bed time rule lead to better language and math skills? (hint: identify linking variables)

5) What is an alternative explanation for these results? (hint: identify a lurking variable)

**“Night owls” (people that prefer to go to bed late and wake up late) have higher average IQ scores. Wister Marren is a “Early bird” and after reading about this study, he decides that forcing himself to stay up later will make him smarter.**

6) Can he change his sleeping habits to become smarter? Explain! (hint: it’s not clear **why** night owls have higher IQ scores, but you can still answer the question).

**“Early birds” (people that prefer to go to bed early and wake up early) tend to be more reliable and cooperative (and so they are more successful). Students conclude that if Mr. Warren (a night owl) were to wake up earlier, he would become a better teacher.**

7) Do you support the students’ conclusion? (hint: it’s not clear **why** early birds are more reliable and cooperative, but you can still answer the question).