

Lesson Plan - Sleep

Student name: _____

Task One:

After you watch Shai Marcu explain the benefits of a good night sleep circle the correct quiz questions provided below

1. Sleep occupies almost a _____ of our lives.
a) Fourth b) Half
c) Third d) Fifth
2. Sleep helps your body to regulate different systems including: respiration, _____, growth and immune response.
a) Circulation b) Satiation
c) Hydration d) Concentration
3. Sleep is an intensely active period where your brain restructures and this plays a crucial role for how our _____ works.
a) Hearing b) Smelling
c) Memory d) Movement
4. 19th century psychologist Hermann Ebbinghaus demonstrated that we normally forget _____ of new material within the first 20 minutes, a phenomenon known as the forgetting curve.
a) 30% b) 20%
c) 50% d) 40%
5. The brain's ability to change, grow, strengthen and enhance the neurons in that cortical area is called _____.
a) Neuroscience b) Biology
c) Growth mindset d) Neuroplasticity
6. Sleep is composed of four stages the deepest of which are known as slow-wave sleep and _____ eye movement.
a) Rapid b) Slow
c) Jumpy d) Blurry

Task Two

After you watch Mathew Walker provide 6 tips for a better night's sleep, answer the quiz questions provided below:

1. Regularity is when you go to bed at the same time and _____ at the same time each day.
a) Wake up b) Mess up
c) Tidy up d) Pass out
2. Regularity will actually anchor your sleep and improve both the _____ and the quality.
a) Ratio b) Standard
c) Quantity d) Speed
3. What is the recommended room temperature to get a good sleep?
a) under 15 degrees b) over 18 degrees
c) above 21 degrees d) below 12 degrees
4. We need darkness specifically in the evening to trigger the release of a hormone called _____.
a) Cortisol b) Melatonin
c) Adrenaline d) Insulin
5. Melatonin helps regulate the healthy timing of our _____ in the last hour before bed.
a) Digestion b) Circulation
c) Sleep d) Appetite
6. To prepare you to sleep well, in the last half an hour or hour before bed, disengage from your computer and your phone and try to do something _____.
a) Stimulating b) Exciting
c) Boring d) Relaxing

Task Three *(use your own paper)*

After you watch English author, podcaster and former monk Jay Shetty highlighting the cost a poor night of sleep can have on your life, answer the quiz questions provided below:

1. Why do you want to adopt healthier sleep habits?
Define it in 1 or 2 sentences:

Tip: Try to frame your why as **POSITIVE** statements (“I want to have more energy”) in place of negative statements (“I want to be less tired”).

2. Now think about one **BIG** reason why getting regular and good quality sleep could impact the world around you as well your health and wellbeing. For example, “when I’m well rested I will be nicer to others and will be more willing to help them”.

List and explain one big motivator that extends beyond yourself

3. What obstacles do you think get in the way of you maintaining healthy sleeping patterns? For example:

- *I like to be on social media late at night*
- *I lose track of my thoughts and find it hard to get to sleep*

Write down your top three obstacles:

Now choose **ONE** obstacle to focus on first.
Tackle each obstacle one at a time and go at your **own** pace.

Let’s come up with three solutions for your selected obstacle:

Great job on completing this worksheet. You should now have a better understanding of how sleep impacts your wellbeing and life. You also should have discovered some practical tools to help you get the perfect night’s sleep.

Remember, if you don’t get a good night’s sleep, no big deal, it happens to us all. The most important thing is to try your best and always think about the bigger picture. One good night of sleep will help you to feel rested. But plenty of good night’s sleep could positively affect your whole life.