

Sensiblesleep®

&

*Australian Centre for
Education in Sleep*

(ACES)®

High School workbook

What you need to know about **SLEEP**

Dear Student:

You are in high school. You have school and homework. Sports and clubs. Friends and family. Some of you may have an after school job.... a social life.

Who has time for sleep? Who needs it anyway?

Believe it or not you do. As a teenager, you actually need more sleep than younger kids because you are growing at a very fast rate. You actually need about 9 hours per night. Like most teenagers you probably only get about seven.

You wake up tired, and you stay that way.

You have to get to school/sport/job on time and be alert.

You may be grumpy.

Do you think that's OK – that you'll be fine, just like everyone else? No way!

Here's why: **When you don't get the sleep you need, you start to get drowsy and inattentive in class, at work, at parties, behind the wheel of your parent's car. That's where lack of sleep can really hurt you. And your mates as well.**

This workbook and sleep education program will help you to understand your own sleep. **When you know about it you can control it – it won't control you**

Be smart - sleep smart

TOP FIVE REASONS WHY YOU NEED TO GET ENOUGH SLEEP



1. Sleepy teens can crash their cars more often. 26% of car crashes involve drivers under 25. Most teens are sleepy. Driving a car when sleepy is the same as driving when you are drunk.



2. Sleepy teens react more slowly and haven't got the energy or strength to do things well.



3. When you are sleepy you don't play sport as well. Sleep deprived athletes can let their teammates down during the game.



4. Sleep deprived teens are more likely to get depressed and feel sad and get into trouble

$\frac{3}{4} + 9\frac{1}{2} = ?$

5. Sleepy teens have trouble making good decisions and remembering information. A sleepy person on a debating team or part of a school project can slow up the team's performance.

?

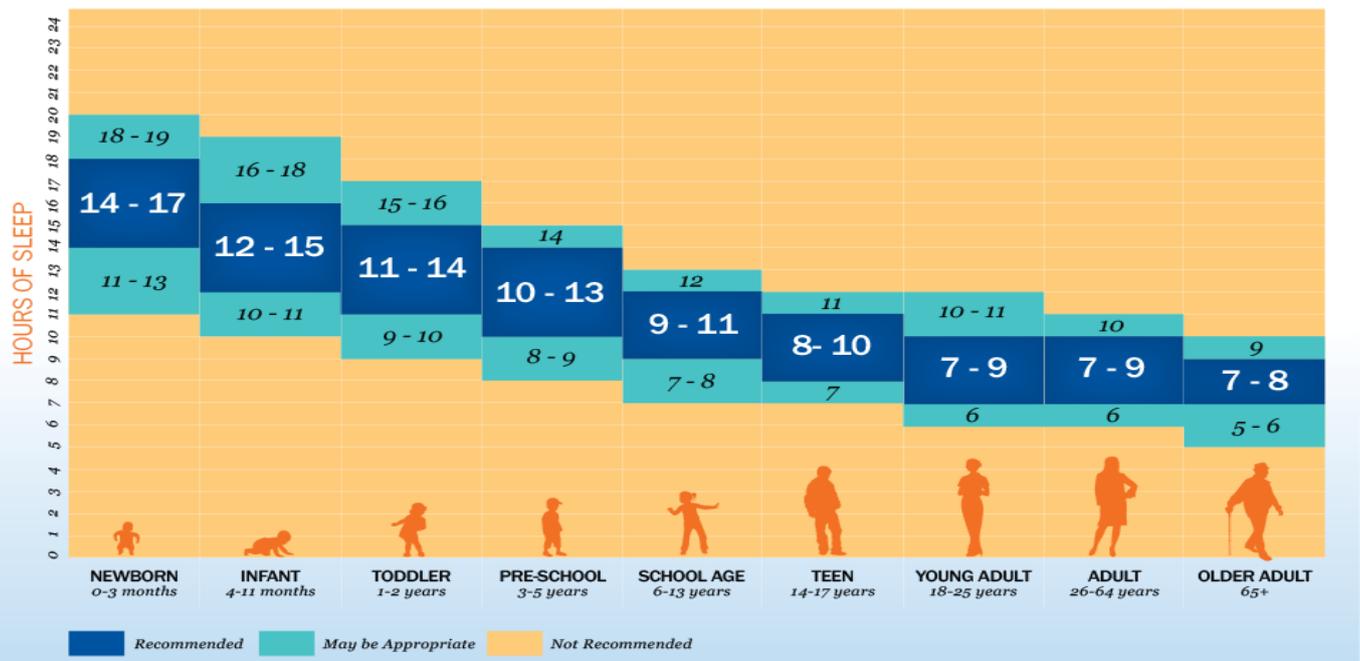
True or False

Teenagers need 7 hours of sleep per night

Typical sleep requirements from birth to adulthood



SLEEP DURATION RECOMMENDATIONS



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Hirshkowitz M, The National Sleep Foundation's sleep time duration recommendations: methodology and results summary, Sleep Health (2015), <http://dx.doi.org/10.1016/j.sleh.2014.12.010>



ACES ONE WEEK SLEEP DIARY

Day	Example							
Lights out at.....								
Fell asleep at								
Where I slept (e.g. Mum's or Dad's, on the couch								
Sleep broken in night for ...minutes								
How I fell back to sleep								
Woke up the next morning at								
* Total sleep time								
When I got up I felt 1 = exhausted to 5 = refreshed								
Overall my sleep was 1 = very restless to 5 = very sound								

* Total sleep time = Time from falling asleep to waking up minus time awake during the night

Please describe anything unusual this week – e.g. you were sick, or if and when you used sleep medication this week

.....



Smart Tips for Teens

Answer these questions using the words below

Choose words below to put in the spaces:

- a) Sleep is necessary for: Get enough of it, and get it when you need it. Even mild sleepiness makes you..... Some things that go wrong when you are even mildly sleepy include problems with..... Lack of sleep can make youand make you feel
- b) Establish a regularand schedule, and maintain it both during the and on the If you must go off schedule, don't delay your bedtime by too much and get up next day within.....hour of your regular schedule, and, if you are sleepy during the day, take a afternoon nap.
- c) After lunch, stay away from drinks containing, and any other stimulants such as..... This is because it can still be in your system by bedtime and keep you awake. Also avoid, which makes you sleepy but actually disrupts your sleep.
- d) Relax before going to bed. Avoid andgames within one hour of going to bed. Don't fall asleep with the -- because flickering light and stimulating content can inhibit restful sleep. Make sure you will to plan time to before going to sleep.
- e) Say no to all-nighters. Staying up late can wreckon your sleep patterns and your ability to be the next day, and beyond. Remember, the best thing you can do to prepare for a school test is to get sleep. Late-night study sessions might seem to give you more time to cram for your exam, but they are also likely to your brainpower.

Use these words to fill in the spaces

(health, fat, bedtime, school week, reduce, enough, bright light, weekend, one, caffeine, tired, attention and concentration, alcohol, video, sick, television, 20 minutes, wake time, sports drinks, relax, havoc, alert,)

2. Answer the following questions

- a) How much sleep do teenagers need?
.....
 - b) What is the rhythm called that makes you tired in the evening?
.....
 - c) What other times of the day do you get tired because of this rhythm?
.....
- Why should you get bright light in the morning?
.....

