



*Australian Centre for  
Education in Sleep*  
**(ACES)<sup>®</sup>**

*High School workbook*

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ON YOUR MARK....GET SET.....

*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

# ACES ONE WEEK SLEEP DIARY

Day	Example							
Went to bed at..... Lights out at.....								
Fell asleep at								
Where I slept								
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 write if and when you used sleep medication this week

.....

## Smart Tips for Teens

Answer these questions then go to the hyperlink to check the answers

[www.sleepfoundation.org/doze/](http://www.sleepfoundation.org/doze/)

### 1. Fill in the following gaps:

- a) Sleep is necessary for .....: Get enough of it, and get it when you need it. Even mild sleepiness can ..... Things that go wrong when you are even mildly sleepy are ..... Lack of sleep can make you look .....and feel .....
- b) Establish a regular .....and ..... schedule, and maintain it both during ..... and on ..... If you must go off schedule, don't delay your bedtime by more than ....., awaken the next day within two hours of your regular schedule, and, if you are sleepy during the day, take an ..... afternoon nap.
- c) After lunch (or after noon), stay away from drinks such as ....., 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 ..... and .....games within one hour of going to bed. Don't fall asleep with the ..... -- flickering light and stimulating content can inhibit restful sleep. If you work until 9:30 pm, for example, you will still need to plan time to ..... before going to sleep.
- e) Say no to all-nighters. Staying up late can wreck .....your sleep patterns and your ability to be ..... the next day, and beyond. Remember, the best thing you can do to prepare for a test is to get ..... sleep. All nighters or late-night study sessions might seem to give you more time to cram for your exam, but they are also likely to ..... your brainpower.

### 2. Answer the following questions

How much sleep do teenagers need?

.....

What is the rhythm called that makes you tired in the evening?

.....

What other times of the day do you get tired because of this rhythm?

.....

Why should you get bright light in the morning?

.....

How will you know if you haven't had enough sleep

.....

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*Just for fun section*

Try these quizzes and puzzles and test  
your sleep knowledge

## Rating your sleep habits

Choose the letter that that is most appropriate for you and out it in the answer box:

**Answer**

1. Most nights I sleep:
  - a) under 6 hours,
  - b) 6 to 8 hours,
  - c) 9 or more hours
  
2. I would give up sleep to:
  - a) study,
  - b) work,
  - c) party or socialise,
  - d) watch TV,
  - e) talk to friends on the phone or chat rooms,
  - f) other,
  - g) I don't give up sleep
  
3. I don't mind missing out on some sleep during the week because:
  - a) I can do without it,
  - b) I'll catch up on the weekend,
  - c) young people need less sleep
  
4. When I have a test/exam I:
  - a) stay up late to study the night before,
  - b) drink coffee or coke to keep me alert for the test/exam,
  - c) study but go to bed early
  
5. When I go to sleep I:
  - a) get to sleep within 15-30 minutes,
  - b) take more than 30 minutes to get to sleep,
  - c) watch an action movie or listen to loud music just before bed,
  - d) wake up a lot during the night,
  - e) sleep soundly all night,
  - f) both a) and e)

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