



# LOG ENOUGH SLEEP FOR YOUR AGE

## Practical Classroom Resources

- ABC Catalyst S12E22 Teenage Sleep:

<http://www.youtube.com/watch?v=v9Nd6u39yD0>

A short documentary segment about the sleep cycles of teenagers, and the biological necessity of sleep.

- Australian Centre for Education in Sleep (ACES): <http://www.sleepeducation.net.au/>

ACES educates and informs education and health professionals, communities, parents, children and young people about the importance of sleep and what happens when we don't get enough.

- Women's and Children's Health Network, Teen Health Ages 12-17:

<http://www.cyh.com/HealthTopics/HealthTopicDetails.aspx?p=243&np=292&id=2664>

The teen health website has lots of information for teenagers on health, wellbeing and having fun. There is a section specific to teenage sleep.

Victoria University, Teenage Sleep: search the internet for the downloadable PDF. Dorothy Bruck's useful guide was written for parents, school counsellors and youth health workers to help understand the sleep of 12-20 year olds.

- Sleep education for school: <http://school.sleepeducation.com/>

This website by the American Academy of Sleep Medicine provides lesson plans, activities, assessment tools and presentations that encourage scientific enquiry about sleep for grades K–12. Each lesson plan includes learning objectives, procedures, assessments and differentiation techniques.

**Grades 6–8:** <http://school.sleepeducation.com/6-8.aspx>

Online modules include:

1. Teens, Sleep and Drowsy Driving
2. Sleep Careers

**Grades 9–12:** <http://school.sleepeducation.com/9-12.aspx>

Online modules include:

1. Sleep, Sleep Disorders, and Biological Rhythms
2. Sleep Careers

The *Sleep, Sleep Disorders, and Biological Rhythms* module is produced by the US National Institutes of Health and provides a teacher's guide and lesson plans for the following activities:

Activity	Learning Focus
Pre-lesson Activity: Sleep Diary	Learn that sleep/wake cycles vary among individuals.
Activity 1: What is Sleep	Understand that sleep is an essential behaviour for survival.
Activity 2: Houston, We Have a Problem	Explore the two major states of sleep NREM and REM.
Activity 3: Do You Have Rhythm?	Understand the internal biological clock that directs the sleep cycle.
Activity 4; Evaluating Sleep Disorders	Explore the factors can lead to sleep disorders, most of which are treatable.
Activity 5: Sleepiness and Driving: what you Don't Know Can Kill You	Explore the impacts and medical consequences sleep loss has on society.