

SLEEP

PA Physical Education and Health Standard - 10.1.12.B

Evaluate factors that impact the body systems and apply protective/ preventive strategies.

- fitness level
- environment (e.g., pollutants, available health care)
- health status (e.g., physical, mental, social)
- nutrition

PA Physical Education and Health Standard - 10.1.12.E

Identify and analyze factors that influence the prevention and control of health problems.

- research
- medical advances
- technology
- government policies/regulations

Objective: Students will be able to identify how sleep affects health. Students will be able to identify how much sleep they require, as well as what to do to get more sleep.

Materials: Mind over Matter video - sleep,

resources - https://www.cdc.gov/sleep/about_sleep/how_much_sleep.html
https://www.cdc.gov/sleep/about_sleep/sleep_hygiene.html

Procedure:

1. Ask students what they do when their phone or tablet or computer has low battery. (Charge it)
2. Ask students what they do when they themselves feel like they are low on energy.
3. Say "Sleep can help us recharge our batteries."
4. Play the Mind over Matter video - Sleep Disorder
5. Display the resource https://www.cdc.gov/sleep/about_sleep/how_much_sleep.html
6. Ask them to read the chart and determine how much sleep they need on a daily basis.
7. Ask the students to evaluate how much sleep they get on average.
8. Display the resource https://www.cdc.gov/sleep/about_sleep/sleep_hygiene.html
9. Discuss healthy sleep habits and some changes the students can make to ensure they are getting enough sleep to recharge their batteries.