

Sleep Agenda (Room 208, front half)  
First Break Out 1:15-1:35

Three HS teen leaders for each Break Out \_\_\_\_\_  
**Assign each teaching segment and activity to a leader. You may combine or divide any sections.**

**1:10 Teens prepare room, check-list, Green/Blue light game, exercises, one pager**

**1:15-1:20 pm [Hand out questionnaires as they come in]**

\_\_\_\_\_: "Welcome, we'll start by filling out this sleep check-list! You will have 3 minutes to go through the list and check off each item on there that has applied to you."

[Wait 3 minutes]

\_\_\_\_\_: "This check-list is meant to make you think about your sleeping habits and the quality of sleep you typically get. If you marked off more than half of these, then it's a strong indicator that you probably have trouble with sleep."

\_\_\_\_\_: "In this session, we are learning about the value of sleep. According to the National Heart, Lung, and Blood Institute, sleep is such an important activity that we should devote at least one-third of our day to sleeping. Each of us has an internal clock that follows the pattern of day and night. We will refer to this internal system as our biological clock."

\_\_\_\_\_: "Our biological clock tells our bodies to produce melatonin, a hormone that makes us feel sleepy. Since your biological clock follows the pattern of day and night, your body is most ready to sleep when it is dark out and to be awake when it is daylight. But many people still have trouble sleeping. This can be for any number reasons, such as environmental, physical, or emotional conditions."

**1:20-1:25 pm [Hand out one green paper and one blue paper to each student]**

\_\_\_\_\_: "Rather than telling you more facts, we are going to test your knowledge with a game."  
***[Use the Green Light/Blue Light activity page to complete this section]***

**1:25-1:30 pm**

\_\_\_\_\_: "So what do we do with this knowledge? Maybe we all know the right facts about sleep, but that doesn't actually help us sleep better. So what *can* we do to get better sleep? We want to give you some ideas by having you participate in a few exercises. These exercises will help us understand how our daily activities affect our bodies and our sleep quality."

***[Use sleep exercise page to complete this section]***

**1:30-1:35 pm [Hand out One Pager on Sleep]**

\_\_\_\_\_: "In the last few minutes of our session, I want you to review this handout. On the back of the handout there are tips for getting better sleep."

\_\_\_\_\_: "Take out your Performance Sheets and under the Sleep section, I want you to write down one fact from this lesson that you found most interesting. What do you think affects your sleep? How can you change your room/routine for better sleep? Did you learn anything new? Then pick three of the tips from the handout and commit to using these in your bedtime routine." (ALLOW 4-5 MIN.)

\_\_\_\_\_: "Remember that sleep plays an important role in keeping you healthy and functioning at your best. Your biological clock lets you know when you are sleepy. Pay attention to it. Keep finding ways to create an environment and bedtime routine that will help you get better sleep."