

THE IMPORTANCE OF SLEEP

LESSON 1 TEACHING PLAN ABOUT SLEEP



BACKGROUND AND INTRODUCTION

The **importance of sleep** teaching module was developed in response to the findings of the 2020 and 2022 Planet Youth surveys. These surveys have highlighted a very significant issue related to lack of sleep for our teens, and the dramatic impact this is having on their wellbeing.

This **About Sleep** lesson introduces the topic of sleep to pupils and is intended to get the conversation started about how a lack of sleep can affect our daily lives in a lot of different ways.

ALIGNMENT TO THE SPHE SPECIFICATION FOR JUNIOR CYCLE 2023

STRAND 1: UNDERSTANDING MYSELF AND OTHERS

- 1.1 Explore the physical, social and emotional changes that happen during adolescence

STRAND 2: MAKING HEALTHY CHOICES

- 2.1 Consider the multifaceted nature of health and wellbeing, and evaluate what being healthy might look like for different adolescents, including how food, physical activity, sleep/rest and hygiene contribute to health and wellbeing

STRAND 4: EMOTIONAL WELLBEING

- 4.1 Discuss the fluid nature of emotional wellbeing and ways to nurture and protect it.
- 4.5 Explore how emotional wellbeing can be affected by factors within our control, such as sleep, diet, exercise, substance use and online exposure, and factors beyond our control

LESSON 1 LEARNING GOALS

At the end of the lesson, participants will be able to:

- Better **understand** the importance of sleep.
- Better **understand** the relationship between sleep and wellbeing.
- Be able to **identify** other aspects of our lives that sleep can influence.

RESOURCES NEEDED FOR THIS LESSON

- Lesson 1 PowerPoint (Available in ppt and pdf version. The ppt version has slide notes).
- Lesson 1 Diamond 9 worksheet.
- Lesson 1 3-2-1 worksheet.
- Sleep Questionnaire worksheet (This can be used as Lesson 1 homework or at the start of Lesson 2).

SLIDE NUMBERS, CONTENT AND NOTES

SLIDE	CONTENT AND NOTES
1	About Sleep. Title slide.
2	Lesson introduction. Learning goals and wellbeing indicators identified.
3	Lesson introduction. The importance of sleep – short video. Short 2'03" video called The importance of sleep. This engaging video is intended to get the discussion going in the classroom about how important sleep is for our wellbeing.
4	Discussion. Teacher led discussion on the video. What do we think? Is sleep important? Why is it important? Are there more reasons than those mentioned in the video?
5	Some reasons why sleep is important. Teacher input. This slide highlights just some of the ways that sleep affects different areas of our lives. (<i>The list is not exhaustive</i>) So why is sleep so important? Sleep is a natural behaviour and although we may not be aware of it, it is a very busy time for the brain and the body. Good quality sleep rests and rejuvenates us in preparation for each new day. There are many processes that happen during sleep and each one benefits and promotes our health and wellbeing. Learning There are a number of processes that happen during different stages of sleep. They include learning and memory consolidation. New information gained during the day is moved from the short term to the long term memory, allowing us to recall the information at a later date. For younger children vocabulary is retained and learning related to pronunciation of words is processed. Sleep is critical for teenagers as during adolescence the prefrontal cortex is fully developing. This is the part of the brain that relates to problem solving, reasoning and regulating our emotions.

<p>5...</p>	<p>Emotional wellbeing</p> <p>Lack of sleep affects our mood and emotions. Feelings of tiredness can become overwhelming, and we become irritable and angry more easily. We can feel tearful stressed and unable to cope. Problems and worries may increase resulting in behavioural difficulties. There can be low mood, lack of motivation to find solutions, lack of self-confidence, and low self-esteem. The good news is that sleep helps us to manage and improve all these.</p> <p>Physical wellbeing</p> <p>Growth hormone is released mainly during the night and peaks during the first period of deep sleep. As the name suggests growth hormone is important for physical growth and development but it has other properties too. It increases muscle mass and strengthens bones. The immune system is also strengthened, and this helps to protect us from becoming poorly. Any healing and cell repair that is needed in the body happens at this time too it also helps to regulate our weight. By sleeping properly and letting these functions occur we are also helping protect our body from conditions in later life such as obesity type 2 diabetes and heart conditions. Research also shows a link between sleep and looking younger, so beauty sleep really does exist.</p>
<p>6</p>	<p>How much sleep are teens really getting?</p> <p>Not enough is the answer, unfortunately. Only 44% are getting anywhere near the correct amount, which is 8-10 hours per night.</p> <p>This chart shows the results from the November 2022 Planet Youth survey of 4,339 15 and 16 year olds in all the 91 schools and Youthreach centres in Galway, Mayo and Roscommon.</p>
<p>7</p>	<p>Results from the 2022 Planet Youth Survey</p> <p>Slides 7-13 are intended to convey just how dramatically sleep deprivation affects so many areas of our lives and our wellbeing. They show the relationship between quantity of sleep and:</p> <ul style="list-style-type: none"> • Mental health • Physical health • Wellbeing • Stress • Self-esteem • School engagement • Schoolwork <p>These slides can be delivered slowly or quickly depending on the time available. Once the first slide has been explained then the rest should be clear.</p>

7...	<p>Sleep and mental health Slide 7 shows the percentage of pupils in the survey that self-reported having good or very good mental health, correlated against amount of sleep per night.</p> <p>All statistics are from the 2022 Planet Youth Survey</p>
8	<p>Sleep and physical health This slide shows the percentage of pupils that self-reported having good or very good physical health, correlated against amount of sleep per night.</p> <p>All statistics are from the 2022 Planet Youth Survey</p>
9	<p>Sleep and wellbeing This slide shows the percentage of pupils that had high wellbeing scores, correlated against amount of sleep per night. The scores are derived from the Short Warwick-Edinburgh Mental Wellbeing Scale (SWEMWBS). This is a seven-question validated scale set within the Planet Youth survey.</p> <p>All statistics are from the 2022 Planet Youth Survey</p>
10	<p>Sleep and stress This slide shows the percentage of pupils that had high stress scores, correlated against amount of sleep per night. Scores are derived using a ten-question validated scale for measuring stress.</p> <p>All statistics are from the 2022 Planet Youth Survey</p>
11	<p>Sleep and self-esteem This slide shows the percentage of pupils that low self-esteem scores, correlated against amount of sleep per night. The scores are derived from the Rosenberg Self-Esteem ten-question scale.</p> <p>All statistics are from the 2022 Planet Youth Survey</p>
12	<p>Sleep and school engagement This slide shows the percentage of pupils that high school engagement scores, correlated against amount of sleep per night. The scores are derived from a ten-question scale.</p> <p>All statistics are from the 2022 Planet Youth Survey</p>
13	<p>Sleep and schoolwork This slide shows the percentage of pupils that agreed, or strongly agreed, that they find schoolwork hard. This is one simple question within the string of survey questions about school experience.</p> <p>All statistics are from the 2022 Planet Youth Survey</p>
14	<p>Diamond 9 exercise. This is a Diamond 9 worksheet activity entitled: List some reasons why you think sleep is important. Can be completed individually or in groups and the exercise can then be discussed.</p> <p>The list on slide 5 and the bar charts are not exhaustive of all the reasons that sleep is important. Students may come up with some additional reasons worthy of discussion.</p>

15	<p>Lesson review and 3-2-1 exercise</p> <p>This slide is the review of learning goals and there is also a 3-2-1 worksheet exercise.</p> <p>Students are invited to reflect on:</p> <ul style="list-style-type: none"> • Three things I learned today. • Two things I found interesting. • One question I still have.
16	<p>Homework – Sleep questionnaire worksheet</p> <p>This is the Sleep Questionnaire worksheet and can be assigned as homework or used at the start of Lesson 2.</p>

LESSON 2 PREVIEW

MY RELATIONSHIP WITH SLEEP

The next lesson introduces the science of sleep to pupils, highlights some of the factors that affect sleep, and asks the pupils to start examining their own attitudes and behaviours around sleep.

FEEDBACK AND SUGGESTIONS

This is version 1 of the module, and I'm open to suggestions for improvements, such as for additional or better content. And please let me know if you spot any errors, as I expect there are some.

These lessons may be a bit content heavy and tight on time, depending on the year group, so feel free to give feedback after you have used them in the classroom.

I hope you find the module useful to the pupils and to the school.

Emmet Major
Planet Youth Coordinator
December 2023

WRDATF / GRETB
087 6629953
emmet.major@gretb.ie
www.planetyouth.ie