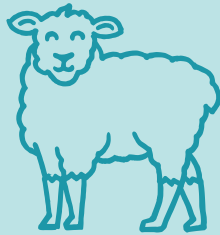


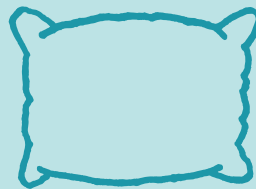
GOODNIGHT,



VOLS



SLEEP TOOLKIT



LESSON PLAN

Goodnight, Vols: Sleep Toolkit Lesson Plan

TOPIC

This program introduces students to the causes of insufficient sleep, the effects of insufficient sleep, and sleep hygiene. Students will learn techniques to improve the quality and quantity of sleep.

This lesson uses a short video only accessible online. Please ensure the program site has internet access and audiovisual capability. You may want to set up your laptop so the video is ready to play.

LEARNING OBJECTIVES

1. Students will be able to identify at least three ways sleep impacts health and wellness.
2. Students will be able to identify at least two things that can make it difficult to sleep, and two things that can help individuals get sleep.
3. Students will be able to define sleep hygiene as a term as well as what personal sleep hygiene might look like in practice.

MATERIALS NEEDED

Included in the Toolkit

For students

- Sleep resource sheet
- Quiz sheets
- Sleep hygiene worksheets

For the instructor

- Goodnight, Vols Sleep Statistics and Facts Kahoot! Quiz
- Statistics and Facts answer sheet
- Sleep Barriers and Sleep Helpers list

Not included

- Whiteboard
- Flip chart or sheets of 8.5 x 11" paper
- Laptop, projector, screen, sound

Throughout the lesson plan, talking points are italicized in orange.

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INTRODUCTION: HOW MUCH SLEEP ARE YOU GETTING?

Activity 1: Sleep Scale *This activity can be replaced by a zoom poll or hand raising activity*

Begin by asking students about their sleep. *“How did everyone sleep last night?”*
“Do you get enough sleep?”

Draw a scale on the board with one end labeled 0 and the other 15.



Have each student mark on the scale how many hours of sleep they get on an average night. The best amount is seven to nine hours.

How do other Vols rank? *What percent of UT students get the recommended 7 to 9 hours of sleep?* (Answer: 8 percent, according to the Center for Health Education and Wellness 2017 Health and Wellness survey.) *What do you all think about this? What are some reasons that students are not getting the recommend seven to nine hours of sleep?*

If you haven't already guessed, today we'll be exploring sleep—why it's important and some ways you can get the quality and amount of sleep you need.

SLEEP AND HEALTH

Activity 2: Sleep Facts *This activity has been replaced by a Kahoot Quiz*

Pass out Statistics and Facts cards. *There are many ways sleep affects your health. I'm curious to see what you all know about sleep and health. This is like a matching game. Some of you have a card that has an answer written on it. Your goal is to find the statistic or fact that goes with your card.*

Give students five to seven minutes to find their match. Have each pair share with the larger group. Ask students if they think they want to change their pairs before providing the correct answers.

How might these factors affect you as a student? In what ways has not getting enough sleep, or not getting quality sleep, affected you as a student?

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SLEEP HYGIENE

As we've seen, sleep plays a big role. This video explores why sleep is so important and highlights how you can sleep better.

Watch PBS *The Good Stuff* episode "How to Sleep Better" at pbs.org/video/2365510015.

Activity 3: Sleep Barriers vs. Sleep Helpers

Break the students up into groups. Provide each group with markers and a sheet of flip chart paper or a few sheets of 8.5 x 11" paper.

Based on the video you just watched and what we've discussed so far, make a list of things that can make it harder to get sleep and a list of things that can make it easier to get sleep.

Have groups share their lists. Compare the student responses to list provided.

Explain that the behaviors in the "helpers" category are a part of sleep hygiene. *Sleep hygiene is a variety of different practices and habits that are necessary to have good nighttime sleep quality and full daytime alertness.*

Activity 4: My Bedtime Ritual

Pass out sleep hygiene worksheets to each student. Ask *What are some ways you can practice sleep hygiene? How could you add more sleep helpers to your routine? What would your bedtime ritual look like?*

Give students five to seven minutes to create their own bedtime routines. Students can share their worksheets or discuss what has worked for them to get better sleep.

CONCLUSION

Getting enough good-quality sleep can be challenging for students, but it's important to your health and wellness—and your academics, too. I encourage you all to try to make sleep a priority. Hopefully today you have learned some tips for sleep hygiene and can begin to make small changes to get better sleep.

Pass out sleep hygiene kits and Are You Sleepy quiz and resource sheets. *This sheet has a quiz to assess your sleep and tells where you can find more information about sleep. It also includes information about sleep disorders. We did not talk about sleep disorders today, but sometimes they can cause problems with sleep; they can be diagnosed and treated only by a medical professional.*

Highlight any of the resources you think would be important for your students.