Name: _____ Block: _____ Date: ___/___/___

FITNESS HOMEWORK: Tips for changing your sleep habits

1. Sleep is food for the brain. Lack of sleep can make you look tired and feel depressed, irritable or angry. Even mild sleepiness can hurt your performance — from taking school exams to playing sports or video games. Learn how much sleep you need to function at your best — most adolescents need between 8.5 and 9.25 hours of sleep each night — and strive to get it every night. You should awaken refreshed, not tired.

2. Keep consistency in mind: establish a regular bedtime and wake time schedule, and maintain this schedule during weekends and school (or work) vacations. Don't stray from your schedule frequently, and never do so for two or more consecutive nights. If you must go off schedule, avoid delaying your bedtime by more than one hour. Awaken the next day within two hours of your regular schedule, and, if you are sleepy during the day, take an early afternoon nap.

3. Get into bright light as soon as possible in the morning, but avoid it in the evening. The light helps to signal to the brain when it should wake up and when it should prepare to sleep.

4. Understand your circadian rhythms. Then you can try to maximize your schedule throughout the day according to your internal clock. For example, to compensate for your "slump (sleepy) times," participate in stimulating activities or classes that are interactive. Try to avoid lecture classes and potentially unsafe activities, including driving.

5. After lunch (or after noon), stay away from caffeinated coffee and colas as well as nicotine, which are all stimulants. Also avoid alcohol, which disrupts sleep.

6. Relax before going to bed. Avoid heavy reading, studying and computer games within one hour of going to bed. Don't fall asleep with the television on — flickering light and stimulating content can inhibit restful sleep.

Assignment – Physical – 30 min. Workout of your choice. Activity:
_____

Parent Signature (Required):_____ I participated with my child: Yes _____ (.5 extra credit) No_____

Directions: Answer in complete sentences with well developed answers.

1. Why can this help you with your school work?

2. How does this relate to Health and Fitness support with details?

3. What are you going to do to change your sleep health why or why not?