

LESSON 2.3 Healthy Sleep and Rest Note-Taking Guide

Understanding Sleep

- 1. When you sleep, your body is _____. This means that your body is inactive and without awareness even though your brain is still very active.
- 2. Some scientists believe that your brain uses sleep to recover from _____, _____ problems, and replenish important chemicals it needs to function.

The Importance of Sleep

- 3. Complete the unfinished sentences with benefits of a good night's sleep.
 - ✓ Helps the body heal and stay healthy
 - ✓ Reduces risk of _____
 - ✓ Helps the body with growth and development
 - ✓ Improves _____
 - ✓ Reduces _____ and enhances _____
 - ✓ Improves memory and productivity
 - ✓ Increases alertness and _____ risk of accidents
 - ✓ Helps metabolism and can help _____

Getting Enough Sleep

- 4. Fill in the blanks with the recommended amount of sleep for each age group.

Newborn (0-3 months) _____ hours

Infants (4-12 months) _____ hours

Toddler (1-2 years) _____ hours

Preschool (3-5 years) _____ hours

School age (6-12 years) _____ hours

Teenage (13-18 years) _____ hours

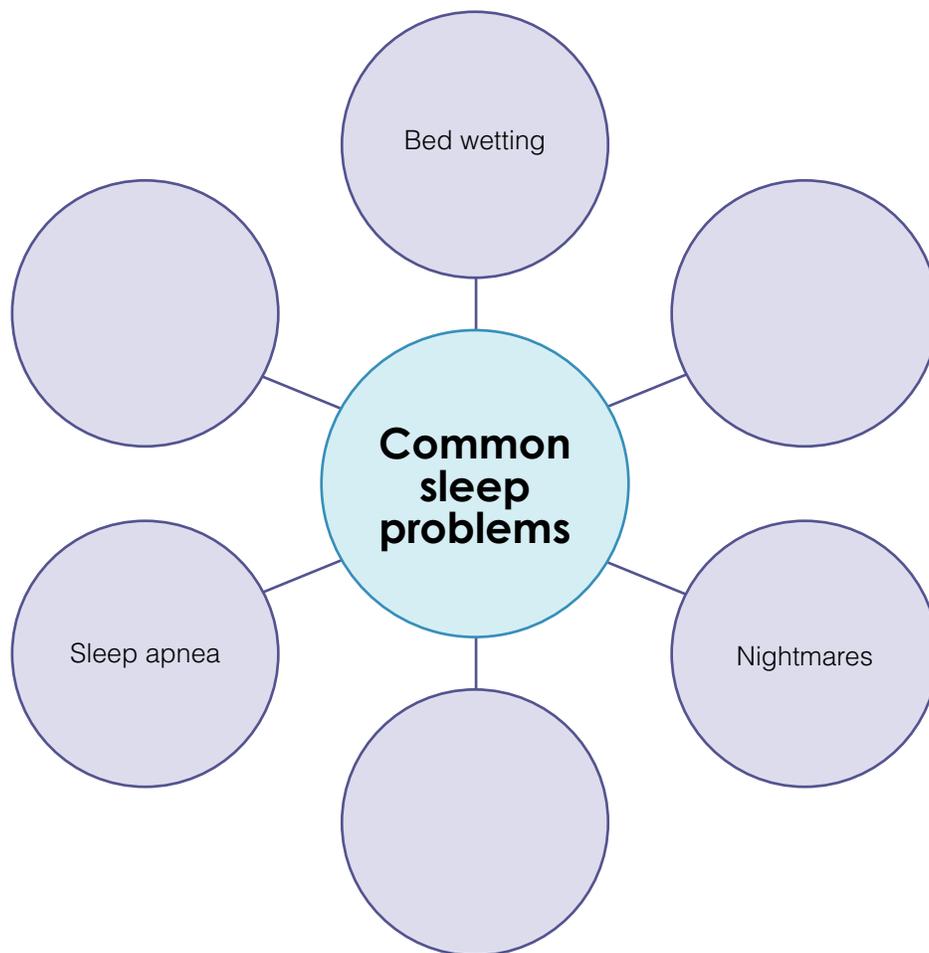
Adult _____ hours

What Happens When You Don't Sleep Enough or Don't Sleep Well?

5. Good quality sleep doesn't just help you feel your best; it also protects you from _____ conditions, diseases, and other challenges to good health.

Common Sleep Problems

6. Almost _____ experiences an occasional disruption to sleep.
7. If your sleep is disrupted night after night, your body develops a _____, and eventually your judgment, focus, and overall function will suffer.
8. In the circles, fill in the blanks with common sleep problems.



Self-Management for Good Sleep

9. List three things you should do every day:

1. _____

2. _____

3. _____

10. Things you should do when preparing to sleep:

Set and follow a _____ schedule. Going to bed at the same time each night and getting up at the same time in the morning helps your body get into a routine.

Avoid _____ (caffeine, screen time) before bed.

_____ before bed. Reading a book or taking a bath can help you relax and fall asleep more easily.

Create a quality sleeping _____ (temperature, darkness, quiet, comfort). You will sleep best in a cool, dark, quiet space that is comfortable.