Review:
After watching Sleepless Epidemic, answer the following review questions.

1. What can sleep deprivation look like?

____________________________________________________________________________________________________
____________________________________________________________________________________________________

2. What percentage of adolescents are not getting the sleep they need?

____________________________________________________________________________________________________

3. The student in the video, Claire, says if you ask a teen “How are you?”, the answer always is “tired.” Do you agree? Why or why not?

____________________________________________________________________________________________________
____________________________________________________________________________________________________

4. What are some of the consequences of sleep deprivation?

____________________________________________________________________________________________________
____________________________________________________________________________________________________
____________________________________________________________________________________________________
____________________________________________________________________________________________________
____________________________________________________________________________________________________
5. How does biology contribute to sleep deprivation in teens?

____________________________________________________________________________________________________
____________________________________________________________________________________________________
____________________________________________________________________________________________________

6. Why is it important to get consistent amounts of sleep?

____________________________________________________________________________________________________
____________________________________________________________________________________________________
____________________________________________________________________________________________________

7. What are some strategies for getting a good night’s sleep?

____________________________________________________________________________________________________
____________________________________________________________________________________________________
____________________________________________________________________________________________________
____________________________________________________________________________________________________
____________________________________________________________________________________________________
____________________________________________________________________________________________________
____________________________________________________________________________________________________
____________________________________________________________________________________________________

8. What are some benefits of having a later start time for schools?

____________________________________________________________________________________________________
____________________________________________________________________________________________________
____________________________________________________________________________________________________
____________________________________________________________________________________________________
____________________________________________________________________________________________________
____________________________________________________________________________________________________
____________________________________________________________________________________________________
____________________________________________________________________________________________________
Review:

After watching Sleepless Epidemic, answer the following review questions.

1. What can sleep deprivation look like?
   - Irritability, depression, clumsiness, poor performance or poor grades, appetite issues, attention and focus issues, difficulty falling asleep

2. What percentage of adolescents are not getting the sleep they need?
   - An estimated 80-85% of teens

3. The student in the video, Claire, says if you ask a teen “How are you?”, the answer always is “tired.” Do you agree? Why or why not?
   - Answers will vary based on opinion or experience.

4. What are some of the consequences of sleep deprivation?
   - Life-threatening: Accidents or injuries, particularly car accidents due to inexperience, lack of sleep, and not paying attention. Fatigued driving can look like drunk driving.
   - Academic: Reading and math skills are impacted, resulting in lower test scores.
   - Health: Lack of sleep causes you to crave quick energy through carbohydrates and hormones for feeling of satiety are produced during sleep. Food eaten in excess contributes to weight gain and increases odds of obesity and type 2 diabetes.
5. How does biology contribute to sleep deprivation in teens?

During puberty, the sleep-promoting hormone melatonin is produced at a later time, causing teens to feel sleepy later in the evening.

6. Why is it important to get consistent amounts of sleep?

An erratic sleep schedule creates “jet-lag”. Your brain doesn’t know when to sleep and when to be awake.

7. What are some strategies for getting a good night’s sleep?

Set a regular wake time
Eat breakfast
Get exposure to morning light
Avoid exercising too close to bedtime
Beware of caffeine
Read a book before bed
Remove technology (phone, computer, etc.) from your bedroom
Have a snack before bed

8. What are some benefits of having a later start time for schools?

Academic performance improves
Absences and tardiness records decline
Fewer accidents
Students report feeling better