

Name: _____

Hour: _____

VIDEO WORKSHEET

Review:

After watching Sleepless in America, 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?

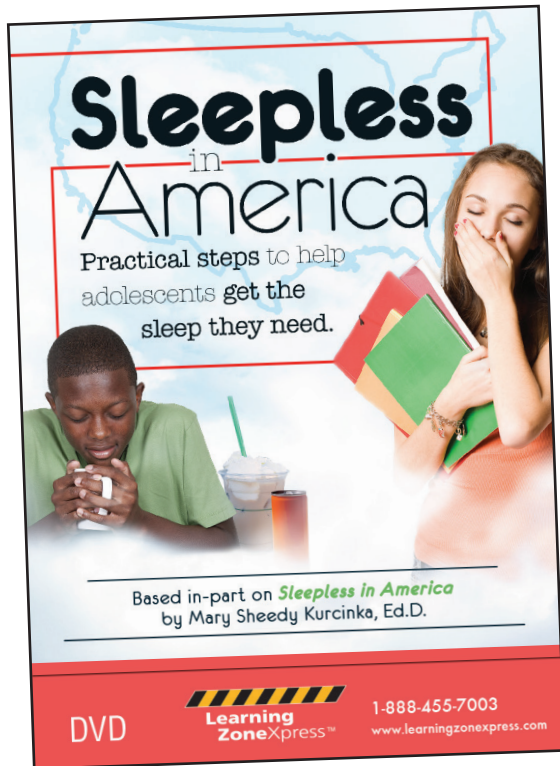
4. What are some of the consequences of sleep deprivation?

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?



ANSWER KEY

Review:

After watching Sleepless in America, 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