



## What is Sleep and Why is it Important? [\[1\]](#)

Grade Level: 9<sup>th</sup> Grade

Overview	This lesson will explain why sleep is needed and the benefits of sleep.
Objectives	Students will be able to explain the importance of sleep and give 2-3 examples that support their explanation. They will make a presentation using the application, Jing.
Materials	<ol style="list-style-type: none"> <li>1. Notebook</li> <li>2. Something to write with</li> <li>3. Jing account</li> <li>4. Computer to use Jing</li> </ol>
Procedures	<p>This lesson may be planned for one class period.</p> <ol style="list-style-type: none"> <li>1. Instruction begins by posing the question, “What is sleep?” to the students. Student responses could be written on a web map that is drawn on the whiteboard, shown on an overhead projector or</li> <li>2. The following are additional questions that can be posed to generate discussions about what sleep is and why we need it. Explain that the class is going to conduct a think-pair-share activity using these questions. Students should consider their responses and write them in their notebook using brief statements or key words. Next, students will pair up and share responses. After sufficient share time, invite pairs to orally share responses with the whole class.</li> <li>3. Questions:             <ul style="list-style-type: none"> <li>• Do you think it is important to sleep? Why or why not?</li> <li>• How do you feel after a good night’s sleep?</li> <li>• How do you feel or behave when you are tired?</li> <li>• How many hours per night of sleep do you think you get? Does this number change on the weekends or during vacations?</li> <li>• How many hours per night of sleep do you think you <u>should</u> get?</li> </ul> </li> <li>4. Following the think-pair-share and whole class discussions, the teacher will inform the students that they will be learning more about the importance of sleep on their health and well-being.</li> </ol>

	<p>5. For a project, students will be assigned to use the program Jing. They will need to prepare a presentation in which they will need to demonstrate their knowledge on sleep. This will prepare them for the technology world and how to present using programs other than Power Point.</p>
Standards	<ol style="list-style-type: none"> <li>1. IN 3.7.2 Identify a healthy practice to maintain personal health and wellness.</li> <li>2. IN 3.7.3 Recognize actions to avoid health risks.</li> <li>3. IN 4.1.1 Explain the connection between behaviors and personal health</li> <li>4. IN 4.1.4 Explain ways to prevent common health problems.</li> <li>5. IN Explain effective verbal communication skills to enhance health.</li> </ol>
Evaluation	<p>After this lesson students should be able to...</p> <ol style="list-style-type: none"> <li>1. Answer the question, “Why is sleep important?”</li> <li>2. Understand the benefits of sleep.</li> <li>3. Discuss reasons on why one should get a good nights rest.</li> <li>4. Understand how to use Jing.</li> <li>5. Explain the benefits of sleep to someone else.</li> </ol>

Sleep Unit

[1]Adapted from: <http://www.sleepeducation.com/3-5.aspx>