



# Health Virtual Learning

## Chapter 7.1 Getting Enough Sleep

# Truman High School

5/4/2020



Lesson: 5/4/2020

## Objective/Learning Target:

1. Compare amounts of sleep needed at various lifespan stages.
2. Recognize reasons why teens don't get adequate sleep.
3. Summarize the effects of insufficient sleep.

# Your Sleeping Habits

*How many hours per night do you sleep on average?*

*Do you think you get enough sleep?*

*How do you think the amount of sleep you get affects your health?*



# Varying Sleep Needs

- The amount of sleep that people need varies at different ages
- Teenagers need about nine hours of sleep per night
- A shortage of sleep is called a sleep deficit



# Impact of Insignificant Sleep

- Lack of sleep is related to various health problems
  - Diabetes
  - Cardiovascular disease
  - Hypertension
  - Stroke
  - Coronary heart disease
  - Irregular heartbeats
  - Obesity



# Accidents

- People who are sleep deprived have impairments in their ability to pay attention, concentrate, and react quickly
- Sleep deprivation can lead to accidents and injuries
- Car accidents
- Workplace accidents



# Myth or Fact?

*The amount of sleep you get does not affect your school performance.*

**MYTH**

–**Fact:** Students who have slept too little often have problems concentrating, solving problems, and retaining information.

–**Fact:** Insufficient sleep leads to lower grades and poor academic performance.