



Health Virtual Learning

Chapter 7.4 Sleeping Strategies

Truman High School

5/7/2020



Lesson: 5/7/2020

Objective/Learning Target:

1. Understand the importance of following a sleep schedule.
2. Explain guidelines for napping.
3. Recall how to use exercise as a sleep strategy.
4. Recognize substances that interfere with sleep.
5. Identify relaxation techniques that help you prepare for sleep.

Set and Follow a Schedule

- To make sure you get enough sleep, use
 - a sleep-wake schedule that is in sync with your body's natural circadian rhythm
 - the same schedule throughout the week, even on weekends



Nap Strategically...

- Napping can help you get extra sleep without disrupting your regular sleep schedule
- Set an alarm so you don't sleep too much
- Nap in the early afternoon
- Do not nap after dinner



Exercise Regularly

- Exercising for as little as 20 to 30 minutes a day can help you sleep better
- Try to exercise at least five or six hours before you plan to go to sleep



Substances that Interfere with Sleep

- A stimulant is a substance that increases the body's activity
 - Caffeine (soda)
 - Nicotine (cigarettes)
- Taking stimulants makes it more difficult to sleep
- Tryptophan in a turkey sandwich can help you fall asleep

Think Further...

Getting to sleep is easier in an environment that you find comfortable.

What can you do to create a comfortable sleep environment?

- Reduce the room's temperature and light
- Maintain quiet
- Make your bed as comfortable as you can