

Name _____

Sleeping and Being Alert Personal Reflections

1. When I have had a full night's sleep I notice I...

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2. When I am tired I notice I...

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3. My best time of day (when I'm most alert, and I get the most done, and things come to me easily) is...

4. If I could go to sleep at the time I'm naturally sleepy it would be...

5. If I could wake up naturally it would be at this time...

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Sleeping and Being Alert Comprehension Questions

1. How much sleep are teenagers supposed to get?

2. Why is it important to get enough sleep?

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3. What are some of the things that can happen when you're sleep deprived?

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4. Why is it important to have a sleep routine?

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5. What are some other tips to help you get a good night's sleep?

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6. It is important to catch up on sleep during the weekend. However, why is it tough to then get enough sleep during the week after you have slept a bunch on the weekends?

Name _____

My Sleep Schedule

First, brainstorm:

List all the things that need to get done before I go to bed:

List a few things that relax me at night:

I need to be in bed by: _____

I can begin getting ready for bed at: _____

Now, on another sheet of paper write yourself a sleep routine and night schedule that includes all this information.