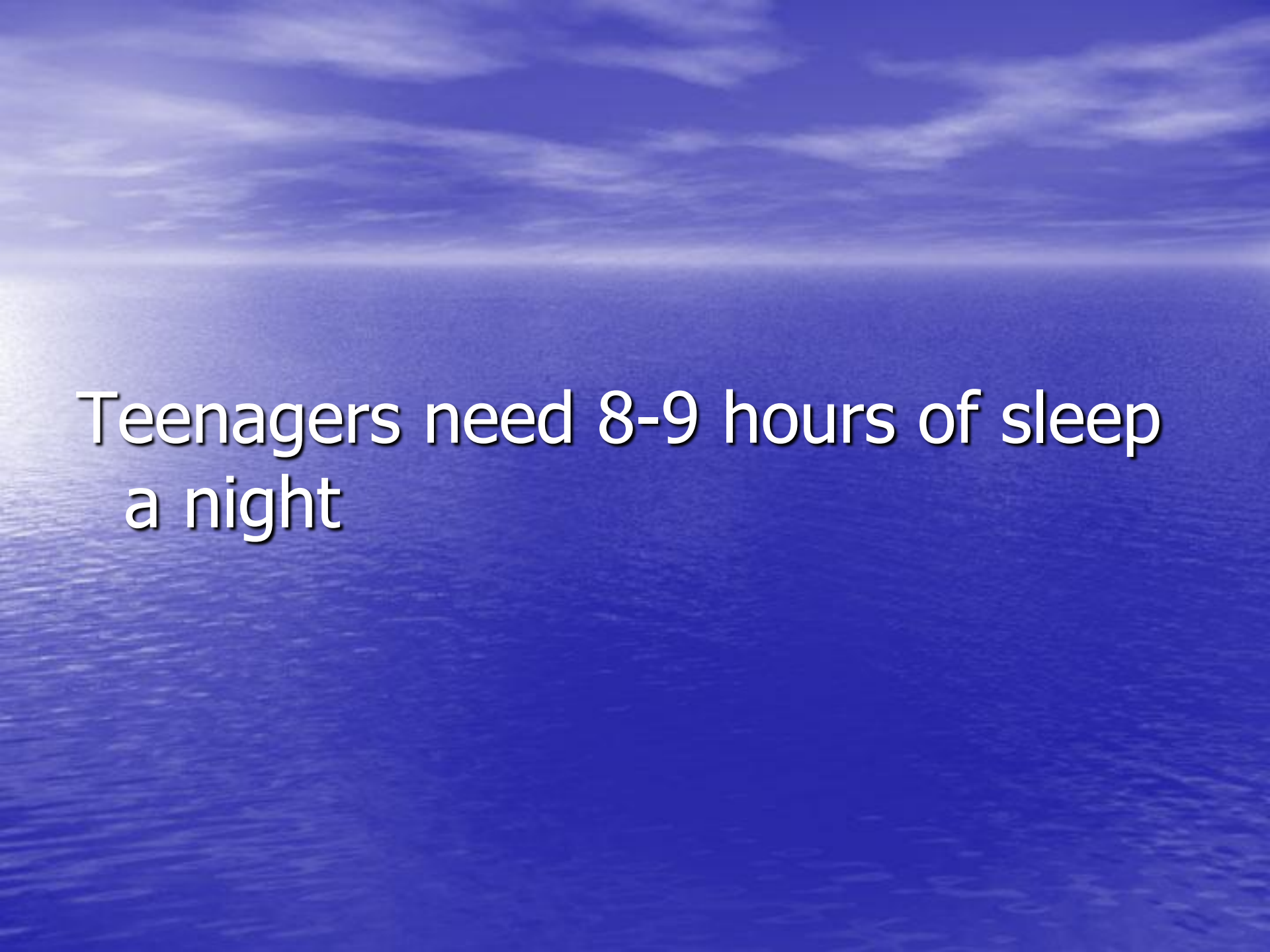


# Sleep

- A periodic state of rest during which consciousness of the world is interrupted





Teenagers need 8-9 hours of sleep  
a night

# Why do we need sleep???





# Importance of Sleep

- Video

- <https://www.youtube.com/watch?v=v9Nd6u39yD>

- Helps with memory storage
- Increases learning
- Rejuvenates and repairs body
- Keeps immune system strong
- Hormones are released = growth
- Decreases depression & suicide

- Helps with memory storage
- Increases learning
- Rejuvenates and repairs body
- Keeps immune system strong
- Hormones are released = growth
- Decreases depression & suicide



- Helps with memory storage
- Increases learning
- Rejuvenates and repairs body
- Keeps immune system strong
- Hormones are released = growth
- Decreases depression & suicide

- Helps with memory storage
- Increases learning
- Rejuvenates and repairs body
- Keeps immune system strong
- Hormones are released = growth
- Decreases depression & suicide



- Helps with memory storage
- Increases learning
- Rejuvenates and repairs body
- Keeps immune system strong
- Hormones are released = growth
- Decreases depression & suicide

- Helps with memory storage
- Increases learning
- Rejuvenates and repairs body
- Keeps immune system strong
- Hormones are released = growth
- Decreases depression & suicide

Not getting enough sleep....



- Cannot process information
- Easily distracted
- Harder to concentrate
- Increase risk of heart disease and strokes
- Moody, anxious, irritable
- Can become sick more often
- Cause accidents
- Cause weight gain
- Causes depression

- Cannot process information
- Easily distracted
- Harder to concentrate
- Increase risk of heart disease and strokes
- Moody, anxious, irritable
- Can become sick more often
- Cause accidents
- Cause weight gain
- Causes depression



- Cannot process information
- Easily distracted
- Harder to concentrate
- Increase risk of heart disease and strokes
- Moody, anxious, irritable
- Can become sick more often
- Cause accidents
- Cause weight gain
- Causes depression



- Cannot process information
- Easily distracted
- Harder to concentrate
- Increase risk of heart disease and strokes
- Moody, anxious, irritable
- Can become sick more often
- Cause accidents
- Cause weight gain
- Causes depression

- Cannot process information
- Easily distracted
- Harder to concentrate
- Increase risk of heart disease and strokes
- **Moody, anxious, irritable**
- Can become sick more often
- Cause accidents
- Cause weight gain
- Causes depression



- Cannot process information
- Easily distracted
- Harder to concentrate
- Increase risk of heart disease and strokes
- Moody, anxious, irritable
- Can become sick more often
- Cause accidents
- Cause weight gain
- Causes depression



- Cannot process information
- Easily distracted
- Harder to concentrate
- Increase risk of heart disease and strokes
- Moody, anxious, irritable
- Can become sick more often
- Cause accidents
- Cause weight gain
- Causes depression

- Cannot process information
- Easily distracted
- Harder to concentrate
- Increase risk of heart disease and strokes
- Moody, anxious, irritable
- Can become sick more often
- Cause accidents
- Cause weight gain
- Causes depression



- Cannot process information
- Easily distracted
- Harder to concentrate
- Increase risk of heart disease and strokes
- Moody, anxious, irritable
- Can become sick more often
- Cause accidents
- Cause weight gain
- Causes depression



# Need help getting to sleep...



- Stick to a regular schedule
- Turn off distractions
- Avoid caffeine
- Relax
- Don't eat an hour before bed
- Forget worries
- Resist naps
- Get comfortable

# Reflection #5

- Do you think you get enough sleep? How do your sleep patterns affect you? Do you feel different on days where you get more or less sleep? Why?



# The 5 stages of sleep

- Cycle through the 5 stages 4-5 times in 8 hours of sleep
- 1 cycle lasts about 90-110 minutes

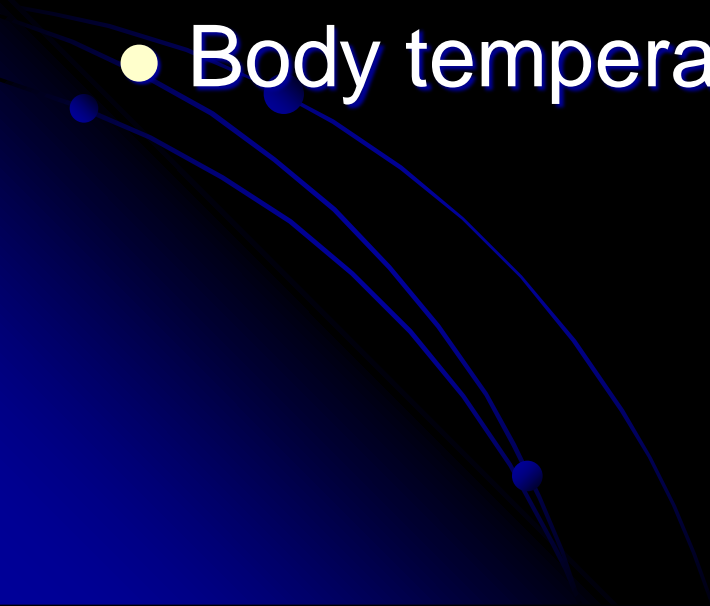


# Stage 1 Drowsiness

- Lasts 5-10 minutes
- Awakened very easily
- Drift in and out of consciousness



# Stage 2 Light Sleep

- 50% of the night spent here
  - Eye movement stops
  - Brain waves slow down
  - Heart rate slows down
  - Body temperature decreases
- 




# Stage 3 & 4 Deep Sleep

- Difficult to wake up
- No activity
- Sleep walking can occur



# Stage 5 REM

- Rapid Eye Movement
  - 20% of night spent here
  - Increase in breathing & heart rate
  - Eye movements begin
  - This is where dreams occur
- 

# Sleep Disorders

- Trouble falling or staying asleep





# Sleep Apnea

Breathing related sleep problems

Awake at night gasping/choking  
from snoring

Can be deadly



# Insomnia

---

Cannot fall asleep or stay asleep



# Periodic Limb Movement

- Involuntary jerking/kicking movements of limbs

# Restless Leg Syndrome

---

- Get a creepy/crawly sensation down legs

# Narcolepsy

- A person falls asleep at inappropriate times

