SLEEP FOR SUCCESS

ANJANETTE AVENO, KRIZHNA BAYUDAN, ALEXIS MATIAS

Target Audience: 8th graders
Class Size: 15 students
LAHAINALUNA HIGH SCHOOL
SECONDARY DIVISION
HOS A CHAPTER #89104
980 Lahainaluna Road
Lahaina, HI 96761
Purpose
Sleep deprivation is a problem many students face that increases throughout their years of high school and into college. By exploring sleep in depth, students will use the information to gain a greater perception of the importance of sleep.

Objectives
Students will be able to:
- Identify how sleep works.
- Identify the amount of sleep they should get.
- Identify factors that affect sleep.
- Identify short-term and long-term consequences of sleep deprivation.
- Utilize tips given to increase their amount of sleep using sleep logs.
- Apply the information obtained into their daily lives.

Standards
- NHE 1.12.8: Analyze personal susceptibility to injury, illness, or death if engaging in unhealthy behaviors.
- NHE 6.12.2: Develop a plan to attain a personal health goal that addresses strengths, needs, and risks.
- NHE 7.12.2: Demonstrate a variety of healthy practices and behaviors that will maintain or improve the health of self and others.

Goal
By the end of the two-day lesson, students will apply the information learned to prevent sleep deprivation illnesses and utilize helpful sleep preparation tips into their night routines to practice improved sleeping habits.

Materials
- Laptop + HDMI cable
- Projector
- Powerpoint
- Kahoot
- Yoga mats
- Handouts/Assessments (Pre/Post-tests, Sleep Logs, Evaluation Forms)
- Sleep cards
- Game buzzers
- Four corner signs
- Whiteboards
- Dry-erase markers & erasers
LESSON PROCEDURES

Day 1
1. Set-Up for Presentation: Prepare powerpoint presentation, position chairs and yoga mats, organize worksheets (10 minutes before class starts)
2. Problem Based Learning Activity (15 minutes)
3. Introduction (Names, Topic), Four Corners Game, Pre-Test (7 minutes)
4. Powerpoint Presentation (15 minutes)
5. Activity: Group yoga poses (15 minutes)
6. Sleep logs: Instructions, Plan for next lesson (8 minutes)

Day 2
1. Set-Up for Presentation: Prepare Kahoot, obtain laptops, organize worksheets (10 minutes before class starts)
2. Opening & Sleep Card Game + Bonus Round (10 minutes)
3. Review Game: Kahoot (20 minutes)
4. Post-Test (10 minutes)
5. Class Discussion & Share-outs (10 minutes)
6. Evaluation forms & Closing (10 minutes)

Interactive Activity: Problem-Based Learning
- Students will be separated into three groups (5 students each)
- Each group will be given a large white board, marker, and eraser
- A three part case scenario on Dino, the patient, will be projected on the screen
- They will use the boards to record all ideas, information, and questions
- They will work together as health care professionals to correctly diagnose Dino

Interactive Activity: Yoga Poses
- Students will perform nine yoga poses while using 4-7-8 breathing exercises

Interactive Activity: Sleep Card Game + Bonus Round
- Students will break into pairs and be given a set of 12 cards of sleeping habits
- They will play a game of memory, matching good sleeping habits with bad
- For the bonus round, we split the class in half & gave them buzzers
- We asked them questions relating to the cards
- Whoever buzzed in first & answered correctly received a point

Interactive Activity: Four Corners Questionnaire
- We asked questions pertaining to the students’ personal sleeping habits
- The students walked to the corner with the answer that describes them
- We recorded the results for each question
SUPPORTIVE INFORMATION
WHAT IS SLEEP?

Sleep is defined as a state of rest, which typically recurs for several hours every night, accompanied by altered consciousness, closed eyes, relaxed postural muscles, and relative inactivity. Sleep is considered food for the brain.

Sleep Deprivation

Teens need about 8-19 hours of sleep each night to function best. Most teens do not get enough sleep as one study found that only 15% reported sleeping 8.5 hours on school night. Skipping sleep can be harmful or even deadly, but also leads to bad appearances, moody feelings, and decreased performance, making it difficult to get along socially, academically, and physically. A sleep deprived brain will try to obtain sleep even when you least expect it. As drowsiness and falling asleep at the wheel cause more than 100,000 car crashes every year. A lack of sleep causes an increase chance in an accident, injury, and/or illness.

Consequences of Sleep Deprivation

When sleep is overlooked and people receive less than the recommended amount of hours, there are many consequences. Short term effects include anxiety, drowsiness, forgetfulness, distractibility, decreased performance, decreased alertness, memory/cognitive impairment, stressed relationships, occupational injuries, and automobile injuries. In fact, drowsiness causes falling asleep behind the wheel, causing over 100,000 car crashed every year. Long term effects include pimples, high blood pressure, heart attack, stroke, obesity, psychiatric problems, sleep quality disruption of bed partner, and poor quality of life. Also, when not having the right amount of sleep, the biological clock, also known as circadian rhythm, which is a 24-hour internal clock that regulates the sleepiness and alertness of the body, keeping the person awake and asleep at certain periods of time.

Common Sleep Disorders Among Teens

- Narcolepsy: Overwhelming daytime drowsiness.
- Insomnia: Difficulty falling asleep.
- Restless Leg Syndrome: Irresistible urge to move legs; typically at night.
- Sleep Apnea: Repeatedly stopping and starting of breaths during sleep.

More Facts About Sleep

- It is recommended to wait 2-3 hours between dinner and bedtime to digest it well, preventing heartburn at night and insomnia.
- Teens tend to have irregular sleep patterns across the week because they typically stay up late and sleep in late on the weekends, affect their biological clocks and hurt the quality of their sleep.
WAYS TO IMPROVE SLEEPING HABITS

Do a 60-Minute Wind-Down
After moving at full speed all day, it will be tough to suddenly switch to night mode, so by giving the mind and body a full hour to wind down after a full day, the person will be able to fall asleep.

4-7-8 Breathing Exercise
By deliberately changing the patterns of inhales and exhales, the heart rate and blood pressure (two systems linked to sleepiness) changes too; this exercise is done by inhaling through the nose for 4 seconds, holding the air for 7 seconds, then exhaling slowly through the mouth for 8 seconds.

Take a Warm Bath/Shower
When taking a warm bath/shower, body temperature rises, but when exiting the bath/shower, the body temperature instantly decreases, triggering a sleepy feeling due to heart rate, digestion, and other metabolic processes slowing down.

Do Not Take Long/Many Naps
Long naps or frequent naps will interfere with nighttime sleep and biological clock.

Vent on Paper
With the racing thoughts that keep people up, by jotting it down before heading to bed, the mind will become clear, allowing the person to feel at ease.

Hide Your Clock
When the clock is hidden, there would not be any constant glances to see how many hours of sleep could be left, creating a stressful environment.

Say Goodnight Electronics
The screens of the electronic devices emit a UV light that suppresses melatonin, a hormone that promotes sleep.

Foods & Tryptophan
Tryptophan is an amino acid that promotes sleep and drowsiness; can be found in turkey, cherries, bananas, sweet potatoes, Jasmine rice, and fortified cereal. Eating foods that contain tryptophan three hours before bedtime can help you fall asleep faster and easier.
12:15 TO 1:00
Problem Based Learning
- Presented a story and PSA about a patient named Dino.
- Students went through three parts to diagnose his problem
- Transitioned into introduction of topic

1:00 TO 1:10
Pre-test & Four Corners
- Students took a pre-test to evaluate their knowledge of sleep
- Students played Four Corners for us to evaluate their sleeping habits

1:10 TO 1:25
Powerpoint Presentation
- Introduced what sleep is, how it works, types of sleepers, importance, consequences of sleep deprivation, and tips to improve sleeping habits

1:25-1:35
Yoga Activity
- Taught students yoga poses they can do before bed
- Utilized 4-7-8 breathing exercise
1:35-12:15
Sleep Logs & Closing
- Issued take home assign to keep track of their daily activities, nightly routine, and amount of sleep
- Instructed students to turn it in on Day 2 of our lesson
- Students asked questions for clarifications

9:25-9:35
Sleep Card Game & Bonus Round
- Students matched good & bad sleeping habits in pairs by memory
- Asked speed round of questions to students who were split in two teams.

9:35-9:55
Kahoot
- Review game about information presented throughout the lesson
- The top three winners won eye masks!
- Collected sleep logs after game

9:55-10:05
Post-Test
- Students took a post-test to evaluate their knowledge of sleep after the two-day lesson
10:05-10:15
Class Discussion & Share-Outs
- Asked the students if they had any comments/questions about the lesson
- Students voluntarily shared their sleep log experiences

10:15-10:25
Evaluation Forms & Closing
- Passed out evaluation forms to students to grade us as educators and the lesson as a whole
- Thanked the students
PRESENTATION MATERIALS
Dino's Dilemma part 1

Dino is driving home from work one day. Dino is startled as a car in the incoming lane honks their horn because Dino had drifted into the other lane. Thankfully, Dino is able to get out of the way and parks in a nearby driveway.

Directions
1. What's the problem?
2. Why do you think this occurred?

Dino's Dilemma part 2

Dino is a 16 year old male student at Lahainaluna High School. He has had a difficult time keeping up with his classes and seems to forget things. He is unable to do the littlest things. He cannot focus like how he used to but figures it's because high school is so different from Sacred Hearts. He's also noticed that he's been putting on some weight as his normal clothes are getting tighter. Additionally, he gets into more arguments with his friends and family because he just doesn't have the patience to deal with them anymore.

His mother decides to take him to the doctor just to rule anything serious out. After the close call in the car and all of these recent behaviors, she wanted him to be more safe than sorry.

Directions
1. After reading about Dino, write down what the passage tells you about his problems.
2. Write down 3 questions that would help you to figure out what is wrong with Dino.
3. What do you think is wrong with Dino?

Dino's Dilemma part 3

During the doctor's visit:
- He gained 7 pounds from one year ago
- Family history of fibromyalgia & insomnia
- Gets about 5-6 hours of sleep per night (gets to bed at 12-1 am, wakes up at 6am)
- Works at Carter's 9am-3pm on the weekends and 3pm-9pm on school days
- Falsely asleep checking his social media

Directions
1. After reading, write down what new information the passage has given you.
2. Write down 3 questions you have that could help you figure out what's wrong.
3. Diagnose Dino

Sleep for Success

Anjanette Aveno, Alexis Matias, & Krishna Bayudan

LET'S GO!

Activity and quiz time!

Let's find out what you already know about sleep
WHY DO WE NEED SLEEP?

Increases Your Performance Abilities:
- Improve memory
- Sharpen attention
- Retain information
- More energy

Internal Benefits
- Maintains a healthy metabolism
- Boosts immune system
- Helps body grow and develop
- Allows for the body to function after the day

Types of Sleepers
- Larks: Sleep early, wake up early
- Owls: Sleep late, wake up late
- Hummingbirds: In between or do both

SLEEP DURATION RECOMMENDATIONS

8 - 10 hours of sleep are needed by teenagers each night
15% of teenagers reported sleeping 6.1/2 hours or school nights
90% of American high school students are chronically sleep-deprived
**Medical Journals**
- Sleep Problems of Junior High School Students in Taipei by Shih-Fen Gau and Wei-Tsun Soong
- Sleep Schedules and Daytime Functioning in Adolescents by Amy R. Wolffson and Mary A. Caskaddon
- Sleep and Student Performance at School by Howards "aras and William Paro-Otama
- Cognitive, Behavioral, and Functional Consequences of Inadequate Sleep in Children and Adolescents by Dean W. Beebe
- The Effects of Sleep Restrictions and Extension on School-Age Children: What a Difference an Hour Makes by Avi Sadeh, Reut Gruber, and Amir A. Rawy
- Sleep Loss, Learning Capacity, and Academic Performance by Giuseppe Curcio, Michele Ferrari, and Luigi De Gennaro
- Effects of Sleep Manipulation on Cognitive Functioning of Adolescents: A Systematic Review by Eduard J. de Bruin, Chris van Run, Janineke Staaks, and Anne-Marie Meijer

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**Not Enough Sleep?**

**Short-Term Effects:**
- Prone to acne and pimples
- Forgetfulness
- Decreased performance
- Decreased alertness
- Mood swings
- Drowsiness

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**100,000**
car crashes happen every year from drivers falling asleep

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**Not Enough Sleep?**

**Long-Term Effects**
- Diabetes
- High blood pressure
- Heart disease
- Increased inflammation
- Increased stress
- Weight gain
- Anxiety → Depression

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**Ways To Get More Sleep**
1. When to Eat
- Eat at least 3 hours before bed
- The best foods containing tryptophan to eat before bed
  - Cherries
  - Turkey
  - Banana
  - Sweet potatoes
  - Milk
  - Jasmine rice
  - Fortified cereal

2. Do Yoga
- Calms mind and physical tension

Activity Timel
Perform the sleep poses in your group

3. Technology
- Instead of spending time on social media, use your phone aide in sleeping, like sleeping apps.
- The UV light of screens suppresses the production of melatonin (the "sleep hormone")

Sleep Apps

Relax Mélodies
Select some relaxing sounds and a dash of nature. Combine with a massage, and you've got your sleep. Instructing melodies is optimal. A choice of mindfulness meditation can be found on the top of the list if you suffer from sleep.

Sleep Cycle
Sleep Cycle tracks and analyses your sleep patterns. Create your own sleep plan, and the app will guide you from you sleep through your lightest phase of sleep to ensure that you wake up feeling rested, refreshed, and ready for the day ahead.

Ways To Get More Sleep

Prioritize:
By prioritizing what you need to do and when you do it, you can allocate your time wisely. This allows you to achieve your desired outcome.

Warm bath or shower
Both temperature and duration make a difference in the quality of your sleep. Take a warm, short shower before sleep.

Vent on paper
By writing things down, you'll have less stress; you'll be more prepared and ready for the day.

4-7-8 exercise
By doing this exercise, you can relax your muscles and improve your sleep.

Don't take long naps
Don't take naps longer than 30 minutes, as any longer may disrupt your nighttime sleep.
Lesson Timeline

4/24
Pre-test
Powerpoint lesson
Activity

4/25
Take
home
sleep
logs

4/26
Post-test
Evaluation

Thanks!

Any questions?
1+ EATING 3 HOURS BEFORE BED
2- WATCH TV IN BED
3+ RUN AND PLAY OUTSIDE
4+ DRINK MILK
5- GO TO BED VERY LATE
6- HAVE A BRIGHT, LOUD BEDROOM

1- EAT A LARGE SNACK BEFORE BED
2+ READ A BOOK IN BED
3- PLAY VIDEO GAMES DURING THE DAY
4- DRINK SODA
5+ GO TO BED ON TIME
6+ HAVE A QUIET BEDROOM
SLEEP CARD GAME: BONUS ROUND QUESTIONS

1. How many hours should you eat before bed?
   3 hours

2. What should you drink before bed?
   Milk

3. Why should you eat 3 hours before bed?
   Answers may vary. Ex: To let the food digest thoroughly

4. Is this statement true or false: playing video games during the day will help you sleep better.
   False

5. What is the opposite of the sleeping tip: have a dark, quiet bedroom?
   Have a bright, loud bedroom

6. Is this statement true or false: eating large snacks right before bed will prevent you from getting a good night’s rest.
   True

7. Why is it unhealthy to watch tv in bed?
   Answers may vary. Ex: UV light suppresses melatonin

8. If you wanted to get 8 hours of sleep and had to wake up at 6am, what time would you go to bed?
   10pm

9. What is the opposite of playing video games inside? How does it relate to sleep?
   Running & playing outside. Exercise will make you more sleepy.

10. What is the amino acid in certain foods that make you drowsy?
    Tryptophan

11. It is healthy to eat a large snack before bed. True or False?
    False
Why don't teens sleep?

- Technology
- 睡眠

What is sleep?

- State of rest
- 不动

Sleep helps us with...

- Processing, relaxation, and strengthening our body
- Processing, restoration, and weakening our body

How many hours of sleep should you have each night?

- 2-6 hours
- 5 hours
- 6-7 hours
- 8-10 hours

How many car crashes happen yearly due to drivers falling asleep?

- 10,000
- 20,000

What's the best food to eat before bed?

- Tea
- 土豆

What's a way to get more rest?

- 洗澡
- 跑步

What's a short term effect of not having enough sleep?

- Good memory
- 减少压力

What's a long term effect of not having enough sleep?

- Heart disease
- 减少压力

Who is considered a lark?

- 睡眠很早且早起
- 睡眠很晚且晚起
FOUR CORNERS QUESTIONNAIRE

1. How much time do you spend on your phone right before bed?
   A. 0 mins
   B. 10-20 mins
   C. 30-40 mins
   D. 40+ mins

2. How much does your amount of sleep affect you in your daily performance?
   A. Affects you the most
   B. Affects you a lot
   C. Affects you a little bit
   D. Does not affect me

3. When do you usually go to sleep?
   A. 7pm-8pm
   B. 9pm-10pm
   C. 11pm-12am
   D. 1am +

4. What is the greatest factor that affects your amount of sleep?
   A. Sports
   B. Homework
   C. Technology
   D. Stress

5. I feel sleepy at school ________.
   A. Never
   B. Rarely
   C. Sometimes
   D. All the time

6. How many hours of sleep do you usually get each night?
   A. 11+ hours
   B. 8-10 hours
   C. 5-7 hours
   D. 4 or less hours

7. Is sleep important to you?
   A. The most important
   B. Very important
   C. Somewhat important
   D. Not important
Name: Benjamin

Date: A12A/19

Sleep Pre-Quiz

1. What is the recommended amount of sleep 13-17 year olds should get?
   a. 6-7 hours
   b. 8-9 hours
   c. 9-10 hours
   d. 11-12 hours

2. What is NOT a sign of sleep deprivation?
   a. Feelings of anxiety
   b. Difficulty falling asleep
   c. Feelings of no sleep
   d. Irritability

3. Falling asleep at the wheel causes more than ______ crashes every year.
   a. 10,000
   b. 16,000
   c. 166,000
   d. 1,000,000

4. What is NOT a food that helps you sleep?
   a. Avocados
   b. Cherries
   c. Milk
   d. Turkey

5. To prevent sleeping problems, which of the following should be avoided?
   a. Napping for less than 30 minutes in the early afternoon
   b. Exercising vigorously early in the day
   c. Eating a full meal just before bedtime
   d. Going to bed at approximately the same time each night

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6. Sleep helps to:
   a. Maintain metabolism levels
   b. Boost our immune systems
   c. Help our bodies grow and develop
   d. All of the above

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7. _______ of American high school students are chronically sleep-deprived.
   a. 10%
   b. 30%
   c. 70%
   d. 90%

8. What is one way to obtain more sleep?
   a. Go to your phone until you fall asleep
   b. Drink coffee before bed
   c. Take a warm bath or shower
   d. Do something physically before bed

9. A long term effect of sleep deprivation can include weight gain.
   a. True
   b. False

10. A "jet lag" is a type of sleep that we sleep late and wake up late.
    a. True
    b. False

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Sleep Post-Quiz

11. On a scale of 1 to 10, 10 being the most, how much has this lesson changed your perspective on the importance of sleep?

12. How often will you apply what you've learned to your sleeping habits?
    a. Not at all
    b. A few times
    c. Several times
    d. Every time

13. What could you do to advocate other to sleep more?
    I could speak about the need for sleep at school, work, and home.
    I could speak about the impact of sleep quality on cognitive function.
    I could promote sleep-friendly environments in public places.
Do You Feel Sleepy at School?

- Rarely: 26.7%
- Sometimes: 13.3%
- All the time: 60.0%

How Many Hours of Sleep Do You Get?

- 11+ hours: 0 students
- 8-10 hours: 1 student
- 5-7 hours: 14 students
- 4 or less hours: 0 students

Greatest Factor that Affects Sleep

- Sports: 5 students
- Homework Technology: 8 students
- Stress: 2 students
STUDENTS' AMOUNT OF SLEEP

Through our interactive activity of Four Corners, we were able to get an insight of the students' sleeping habits. We found that 14 out of 15 students in the class receive usually around 4 hours of sleep or less each night, while only 1 student was getting the recommended amount of sleep of 8 to 10 hours. This information directly correlates to the other data we found, which was that a majority of the students (60%) feel sleepy at school all the time. We were able to make the connection that most of the students in fact are sleepy during school because they do not receive the amount of sleep they should be getting at their age.

FACTORS AFFECTING DAILY PERFORMANCE

Also during the Four Corners Activity, we asked the students to choose the factor that affected their sleep the most. The four factors were sports, homework, technology, and stress. The majority of the class concluded homework was the most significant factor that affects their sleep.

PRE/POST-TEST RESULTS

From the data presented, it is apparent that there is a significant difference between the scores from the pre-test and the post-test, indicating that the students have grasped information from our lesson. For the pre-test taken prior to our presentation, the class' average score was at low 58%, showing that the students had little knowledge on sleep, its effects, consequences, and importance. After our lesson, the class' average jumped to 93%, with a few students even scoring a perfect 100% on the post-test, showing that we as educators succeeded in teaching the students about sleep. Overall, we feel as the lesson went better than we expected and being asked questions by the students throughout the presentation really showed their attentiveness and interest in the lesson.
Name: Honer Marquez  Age: 13  Date: 4/24/18

Sleep Log
Complete and turn in on Thursday, April 26, 2018.

List what you did throughout both days and write down the time you were doing the activity.

- Tuesday, 4/24:
  - Homework - 3:00
  - Running - 5:00
  - Social Media - 7:00
  - Bed + Dinner - 7:30

- Wednesday, 4/25:
  - School - 7:00 - 2:15
  - Homework - 3:00
  - Running - 5:00
  - Social Media - 7:00

List your nightly routine (What do you do before getting into bed?)
I usually watch T.V. then fall asleep to it.

<table>
<thead>
<tr>
<th>Date</th>
<th>Time you went to bed (after you put everything down/doing your night routine)</th>
<th>Time you woke up in the morning (before morning routine)</th>
<th>Hours of sleep you received</th>
</tr>
</thead>
<tbody>
<tr>
<td>4/24/18</td>
<td>10:00</td>
<td>6:13</td>
<td>8 hrs 13 mins 16</td>
</tr>
<tr>
<td>4/25/18</td>
<td>9:00</td>
<td>5:58</td>
<td>8 hrs 58 mins</td>
</tr>
</tbody>
</table>

Reflection:

Looking back at what you did throughout the days, do you think that you prioritize your time well? Why or why not?
I think I prioritize my time well.
I usually do homework then go outside.

Which sleeping strategy or strategies did you use? How did you feel in the morning when you wake up? Why do you think you feel this way?
I put my phone on Do Not Disturb and it helped not to check my phone. I felt better in the morning because I didn't stay up on my phone.

Will you continue to use this method? Why?
Maybe, so far it's working and I am getting enough sleep from my method.
Name: Alexis N.  Date: 4/26/18

Presentation Evaluation

1. What was one new thing you learned from this presentation?
   That sleeping is important and the effects of no sleep.

2. On a scale from 1 to 10 (10 being amazing), how would you score this lesson?
   9

3. What do you think could have been done differently in this lesson?
   Everything was great and I enjoyed it a lot. I wouldn't change anything.

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<tbody>
<tr>
<td><strong>Organization</strong></td>
<td>Presentation is well organized and easy to follow. Smooth transitions between topics</td>
<td>Presentation is well organized and easy to follow but transitions not smooth</td>
<td>Presentation is somewhat organized but hard to follow</td>
<td>Presentation is very organized and difficult to follow</td>
</tr>
<tr>
<td><strong>Effectiveness</strong></td>
<td>Presentation effectively reaches the audience. Students learn and enjoy the lesson.</td>
<td>Presentation effectively reaches some of the audience. Most students learn and enjoy the lesson.</td>
<td>Presentation does not reach the audience. Students learn little and are unfocused.</td>
<td>Presentation makes no sense to the audience. Students do not understand, don't learn, and dislike the lesson.</td>
</tr>
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<td><strong>Powerpoint/visual hands on activities/worksheet</strong></td>
<td>Visual aids/activities are effective and has excellent info</td>
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<tr>
<td><strong>Presentation</strong></td>
<td>Presentation is clear, paced appropriately, with good eye contact</td>
<td>Presentation is audible with good pace, with some eye contact</td>
<td>Presentation is barely audible, too fast/slow, poor eye contact</td>
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</tr>
<tr>
<td><strong>Participation</strong></td>
<td>Team members participated and worked well in the group</td>
<td>Team members participated but did not work well together most of the time</td>
<td>Team members participated but did not work well together</td>
<td>Team members did not participate and did not work well together</td>
</tr>
</tbody>
</table>
Presentation Evaluation

1. What was one new thing you learned from this presentation? 
   "I learned that students are better prepared at presenting lessons than some teachers." 

2. On a scale from 1 to 10 (10 being amazing), how would you score this lesson? 
   10

3. What do you think could have been done differently in this lesson? 
   "My students could have been more respectful!"

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<td>Team members participated and worked well in the group.</td>
<td>Team members participated but did not work well together most of the time.</td>
<td>Team members participated but did not work well together.</td>
<td>Team members did not participate and did not work well together.</td>
</tr>
</tbody>
</table>
Dear Krisinha, Alexis, and Angie,

Thank you for taking your time to come down to Sacred Hearts School to teach me and the 8th grade class about the importance of sleep. I really enjoyed the Kahoot game. The games helped me understand the importance of sleep in a fun way. I was normally only getting six hours per night. I learned that certain foods help me go to sleep, for example, milk, cherries, and bananas. The reason for this is because the foods have an acid that is called tryptophan that can help me sleep. With this information that you shared with us I will use it to improve my sleep schedule and have a healthier lifestyle.

Yours Truly,

Trisha Vann 8th
Sacred Hearts School

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Dear Alexis, Angie, and Krisinha,

Thank you so much for coming and talking to our class.

I learned so many new things about sleep and ways to improve my habits so that I can have all that I need. You helped me so much and I'm so happy that you decided to come and share your knowledge with us. I want to be in the HOSTA club myself next year so it was lovely to gain insight as to the goings on in the class and things I can expect. Thank you again for coming in and it was so nice meeting you.

Sincerely,

Sydney McGhee
6th Grade
Sacred Hearts

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Dear Alexis, Angie, and Krisinha,

"Sleep for Success" is a presentation I will never forget! Your project was very organized, and it has taught me many things about sleep. I did not know that less sleep can cause diabetes. My favorite part during the presentation was the yoga.

Finally, thank you so much for sharing your useful knowledge with us about sleep.

From,

Paris Talaver
### WHAT IS WRONG WITH DINO? - He doesn't know how to drive - He was tired/spacey and distracted - Dizzy

### WHY DO YOU THINK THIS? - He was tired because he just came back from a long day at work.

#### PART 1

**WRITE DOWN IMPORTANT FACTS:**
- Mood swings
- spacey
- gaining weight
- teen
- lack of focus

**WRITE 3 QUESTIONS YOU HAVE:**
1. Why is he spacey?
2. Why is he gaining weight?
3. Personal life issues?
   - no

**NOW, WHAT DO YOU THINK IS WRONG WITH DINO & WHY?:**
- Insomnia
  - Lack of sleep
    - Snore a lot
    - Too hungry
    - Stress weight gain
  - Family history of.

### PART 2

**WRITE DOWN IMPORTANT FACTS:**
- Gain 7 lbs
- Family history of 
- 5-6 hrs of sleep
- Long work days
- Checks social media before sleep

**WRITE 3 QUESTIONS YOU HAVE:**
1. What is family + insomnia?
2. Are you taking meds?
3. Are you doing illegal substances?
   - no, clear

### PART 3

**WRITE DOWN IMPORTANT FACTS:**
- 16 yrs
- spacey + teen
- gaining weight
-空間teeing

**WRITE 3 QUESTIONS YOU HAVE:**
1. Are his grades slipping?
2. Any new medication?
3. Change his diet?

**NOW, WHAT DO YOU THINK IS WRONG WITH DINO & WHY?:**
- Depression

**FINAL DIAGNOSIS:**
- Loss of sleep!
References


