



Sleep Mini-Lesson, Middle and High School

Estimated Time: 15-25 minutes (includes 5 minutes for the video)

Intro (3 minutes)

Good morning.

Please take out a blank piece of paper and write down your answers to the following two questions. (*Pro Tip: If you have an electronic polling system for your classroom, this would be a great way to share answers in real time.*)

- How many hours of sleep do teens need on average each night?
 - Answer: 9 to 9½ hours of sleep per night ([Teenagers and Sleep: How Much Sleep is Enough](#), Johns Hopkins)
- How many hours of sleep did I get last night?

Video (5 minutes)

Ok, as you're finishing up, let's hear from the experts...

- Start video - [What Would Happen if You Didn't Sleep?](#) TED-Ed (4:34 minutes)

Q&A Session (7 minutes)

Note: Ask the students to get into groups of 3-4 people (seated near them to save on time). Ask the groups to discuss these questions among themselves for a few minutes. If you're short on time, choose your favorite questions from this list.

- What's an interesting fact you learned from the video?
- What are your biggest personal barriers to a good night's sleep?
- Are there any new habits you may want to start to support your sleep?
- How does nighttime screentime usage play a role in your sleep?
- Any ideas on how to get more consistent sleep?

OPTIONAL Final activities as time allows (5-10 minutes)

1. Invite groups to share key learnings from their discussions with the rest of the class.
2. Ask students to write down 1-2 new goals around sleep for the next week and then circle back with them the following week to check on progress.
3. Consider a follow-up classroom assignment (perhaps for extra credit) where students are challenged to create an Instagram post or a TikTok video to promote sleep among their peers.