

# Body Budget- Sleep

Self-Management and  
Self-Care, Module 2



# AGENDA



1. Discuss things that we need to help us stay physically, emotionally and mentally healthy.



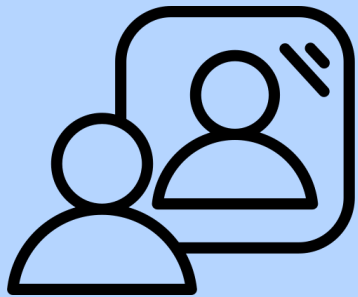
2. Discuss how much sleep young adults need every night.



3. Working individually, analyze your own sleep schedules.



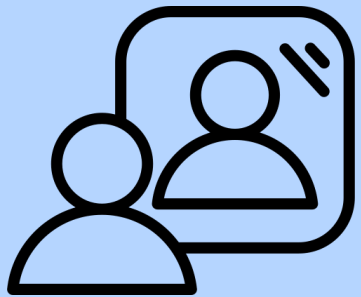
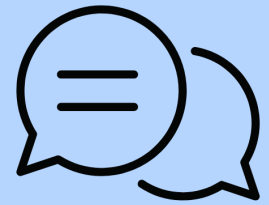
4. Reflect: How likely are you to try to get more sleep each night? What can you do to achieve this goal?



# BRAINSTORM



What are the things you need to stay healthy? What do you think you might need to stay emotionally and mentally healthy?

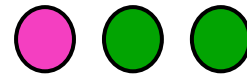
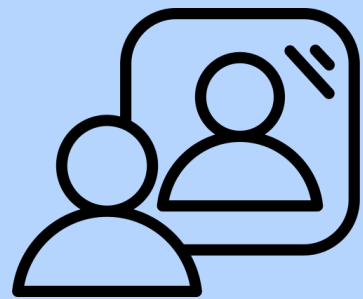
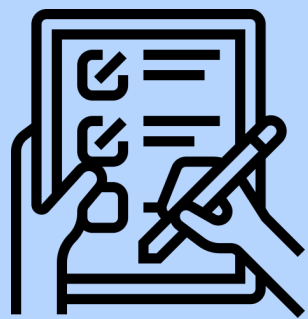


# DISCUSS



What can we do to stay emotionally and mentally healthy?



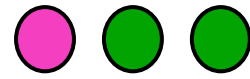
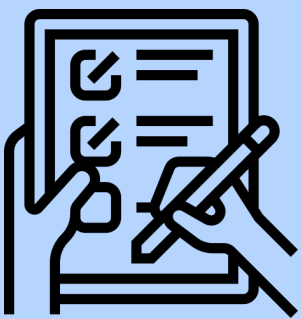
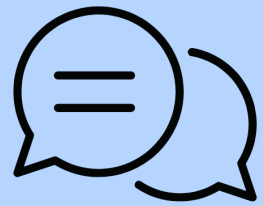


# DIVE IN



A **body budget** is a way to keep track of the things we need to be healthy, including eating a balanced diet, drinking 6-8 glasses of water per day, exercising for 1 hour everyday, and getting enough sleep each night. If your body budget isn't balanced, you could get really upset about, something little that might not ordinarily bother you.





# DIVE IN



## Sleep

- Young adults between the ages of 14-17 years old should get between 8-10 hours of sleep per night!

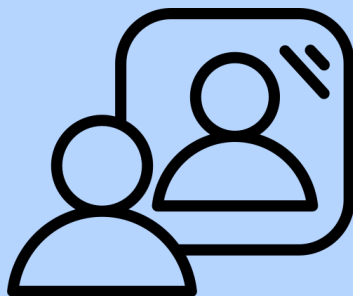
What percentage of students your age do you think do not get enough sleep?

- According to a 2015 study from the Centers for Disease Control, over 70% of students your age do not get enough sleep!

What happens if you don't get enough sleep?

- People who don't get enough sleep are at risk of obesity, diabetes, injuries, mental health conditions, and problems with attention and behavior.





# ACTIVITY



Working individually, analyze your own sleep schedules.



## Worksheet

Name: \_\_\_\_\_

Date: \_\_\_\_\_

### Balancing Your Body Budget with Sleep

Think honestly about your sleep schedule for the past week. How many hours of sleep did you get on average each night?

Generally, how do you feel when you wake up in the morning?

Do you follow a routine each night before going to bed?

How long before going to bed do you stop using electronic devices or look at a screen?

Do you drink caffeinated beverages or eat large amounts of food before bed?

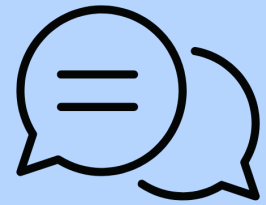
Tips for getting a good night's sleep:

- Try to go to sleep at the same time every day and stick to a routine.
- Turn off all screens at least one hour before bedtime.
- Make your bedroom as comfortable and relaxing as possible.
- Avoid caffeine starting in the early afternoon.
- Don't eat large snacks before bedtime.
- Make sure to exercise during the day and drink plenty of water!

### Reflect

How likely are you to try to get more sleep each night? What can you do to achieve this goal?

©2024 Anna-Lisa Mackey, M.Ed., All rights reserved



# REFLECT

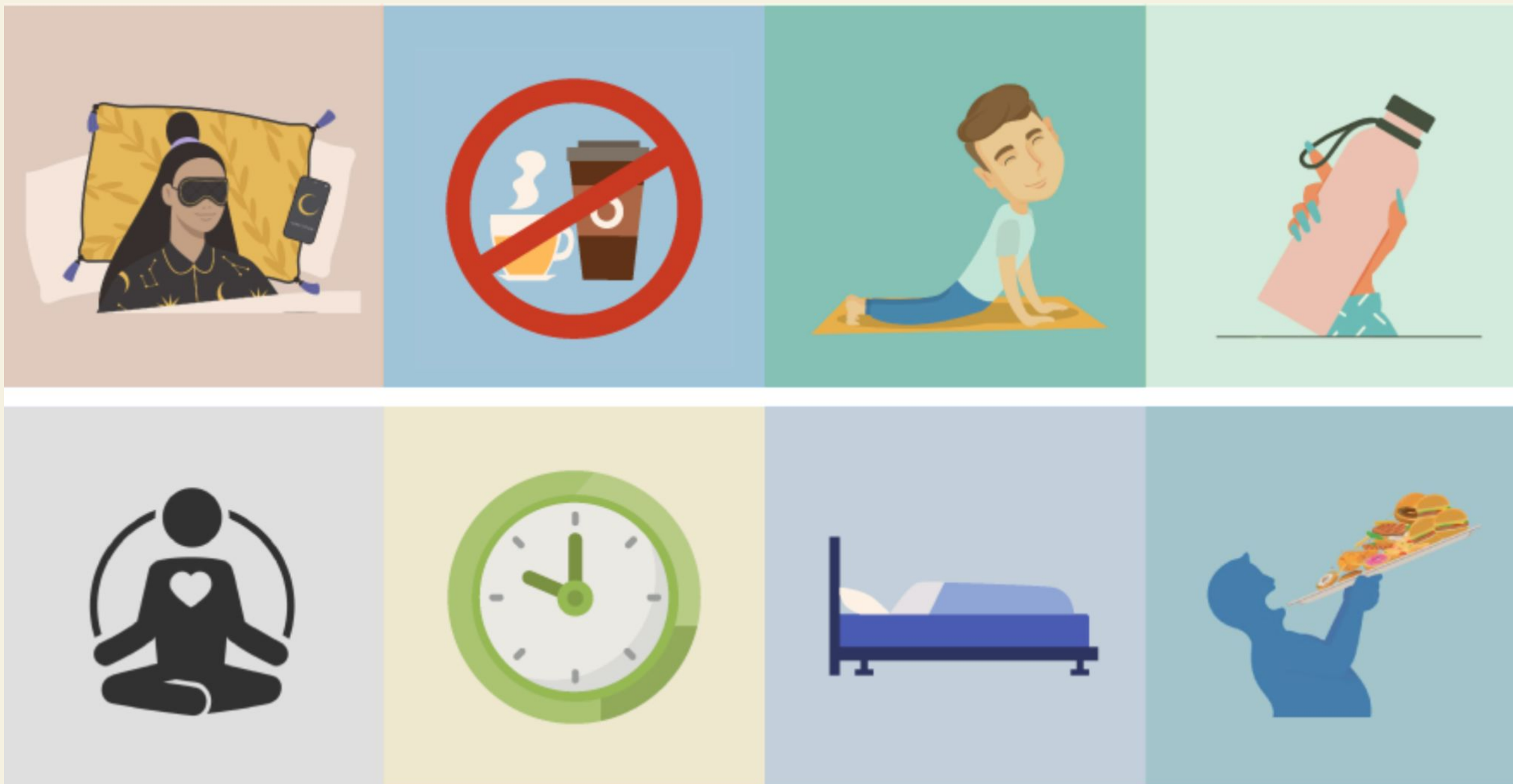


- How likely are you to try to get more sleep each night?
- What can you do to achieve this goal?
- Share class results from the Independent reflection.





# Extend & Enrich



# Home Connection



## Home Connection

### Balancing Your Body Budget

Dear \_\_\_\_\_,

I'm excited to share that your student has been learning about the importance of maintaining a balanced "body budget" to ensure overall health. They discussed how to keep track of essential health factors, such as eating a balanced diet, drinking enough water, exercising, and getting sufficient sleep. The lesson highlighted that inadequate sleep can lead to various health issues and emphasized the importance of 8-10 hours of sleep for teenagers, as their bodies are growing and changing significantly during this time.

Please discuss this question with your student: How much sleep do you get every night, and what can you do to ensure you get enough sleep? This will help reinforce the importance of sleep and encourage healthy habits.

Please do not hesitate to reach out with any questions or concerns.

Best,

\_\_\_\_\_

©2024 Anna-Lisa Mackey, M.Ed., All rights reserved.





## Professional Development



Take 5 minutes to consider: complete the sleep log yourself and see if there are any changes you need to make to balance your body budget!





# Further Study

- American Academy of Sleep Education, Healthy Sleep Habits:  
<https://sleepeducation.org/healthy-sleep/healthy-sleep-habits/>
- Teen's Health, Common Sleep Problems:  
<https://kidshealth.org/en/teens/sleep.html>







**Lesson Complete!**

