**Secondary Guidance Lesson**

*The Importance of Getting Enough Sleep*

**Objective:** Students will learn about the importance of getting enough sleep.

**Video**: <https://youtu.be/oc80sulWFpk>

**Activity:**

* Show video
* Discussion Questions:
  + How can you tell when a friend is not getting enough sleep?
  + How can you tell when you are not getting enough sleep?
  + How much sleep do you get on average a night?
  + If you are not getting enough sleep, what are some of the reasons for this?
  + What is your current bedtime routine? Are you texting friends, watching YouTube, playing video games or on social media? If so, what could you do to replace this habit with something else that could help your brain settle before bedtime?

**Follow-up/Closing:**

Create a new sleep routine and include what activities you would like to try to help you go to sleep. Share your routine with a family member and have them help you stick to your routine. Practice mindfulness activities such as meditation or yoga with a friend or family member.