**Secondary Guidance Lesson**

*The Importance of Getting Enough Sleep #2*

**Objective:** Students will learn about the importance of getting enough sleep to help control emotions.

**Video**: TED Talks: Matt Walker, How sleep affects your emotions: <https://www.youtube.com/watch?v=6F8wFkScnME>

**Activity:**

* Show video
* Discussion Questions:
  + How does sleep affect our emotions?
  + How does sleep affect the amygdala and prefrontal cortex of the brain?
  + How is your behavior different when you are tired?
  + How many hours of sleep do you think you need each night?

**Research:**

* In small groups or as a class, complete an online search to learn how many hours of sleep teenagers typically need.
  + What did you learn?
  + How does your amount of sleep compare to this?
  + What are some ways you can get better sleep?

**Follow-up/Closing:**

Make a plan to adjust your sleep routine to allow yourself to get the recommended amount of sleep needed for your age. List at least three things you can do tonight to help you fall asleep faster and get better sleep.

**Extension:**

Video: The benefits of a good night’s sleep: <https://www.youtube.com/watch?v=gedoSfZvBgE>

Video: What would happen if you didn’t sleep?: <https://www.youtube.com/watch?v=dqONk48l5vY>