



Activity, nutrition, hydration and sleep are the everyday behaviors that affect long-term health. These behaviors strongly influence the health, performance and appearance of an individual. A person can determine if his/her habits are producing the desired health benefits by logging activity, nutrition, hydration and sleep patterns.

Logs can help a person see how choices regarding activity, nutrition, hydration and sleep affect fitness and health. An individual can make a plan to improve fitness and health through lifestyle choices based on the information received from these types of logs. The improvement of health, performance and appearance will never fully be achieved without first understanding how activity, nutrition, hydration and sleep work together.

## SLEEP

Sleep is important for its contributions to health, performance, appearance, emotions and a healthy immune system. During sleep, important body functions and brain activity occur. It is the time when the body repairs itself, grows, builds memories, and releases hormones that regulate appetite and affect body composition. Studies have shown that sleep helps us think more clearly, control our emotions better and perform at higher levels.

Most adolescents need between 8 1/2 and 9 1/4 hours of sleep per night. If the body does not get enough sleep and is unable to repair itself, the overall health of an individual will be compromised. Increased risks of obesity and heart disease have been linked to a lack of sleep, as have negative moods, a lack of energy and slower reaction times. Lack of sleep can make it hard to get along with your family and friends, hurt your scores in school exams, affect athletic performance on the court or on the field and has been linked to an increased risk of unintended injuries.

A lack of sleep, known as **sleep deprivation**, can also affect a person's appearance, causing a person to look and feel depressed, irritable, angry, and tired.

Having a period of uninterrupted sleep gives the body the time it needs to revitalize and repair itself for improved health, performance and appearance. To increase the chances of uninterrupted sleep, it is important to follow the recommendations below:

### Things to Avoid:

- Consuming caffeinated coffee, tea, soda/pop, and chocolate late in the day
- Nicotine and alcohol
- Eating, drinking, or exercising within a few hours of bedtime
- Focused reading, studying, and computer games within one hour of going to bed
- TV, computer, and telephone
- Stress
- Bright light in the evening



**Things to Do:**

- Make sleep a priority
- Establish consistent bedtimes and wake times
- Understand the body's needs
- If naps are going to be taken, make them short and not too close to bedtime
- Stick to quiet and calm activities the hour before going to bed
- Create a bedtime habit by doing the same things every night before you go to sleep
- Relax
- Keep a sleep log

Through the use of a **sleep log** it is possible to evaluate total length and patterns of sleep. This valuable information can be used to adjust sleep patterns and help you recognize how sleep can improve and maintain health.



**Key vocabulary words that will be introduced during this unit are:**

- **Sleep Log** – A system used to monitor a person’s sleep habits
- **Sleep Deprivation** – A lack of sleep which can lead to negative effects on health, performance, and appearance