



LifeSmarts

Learn it. Live it.

Key Points

PRIORITIZE CONSISTENT SLEEP

Going to bed and waking up at the same time every day supports better energy, focus, and health.

RECOGNIZE SIGNS OF SLEEP DISORDERS

Loud snoring, trouble falling asleep, or extreme tiredness may signal an issue worth discussing with a doctor.

ESTABLISH A BEDTIME ROUTINE

Doing the same relaxing activities—like reading or stretching—each night signals your body that it's time to wind down.

IMPROVE YOUR SLEEP ENVIRONMENT

Reduce light, noise, and screen time before bed to help your body wind down and rest more deeply.

Core Concepts

SLEEP CYCLES AND STAGES

Understand the difference between REM and NREM sleep and why full sleep cycles are essential for brain and body repair.

CIRCADIAN RHYTHM

Your body's internal clock influences when you feel awake or sleepy. Disruptions—like staying up late or jet lag—can affect health.

SLEEP NEEDS ACROSS THE LIFESPAN

Teens, adults, and older adults need different amounts of sleep. Understanding these needs helps support lifelong health.

COMMON SLEEP DISORDERS

Conditions like insomnia, sleep apnea, and restless legs syndrome can interfere with rest and may require medical attention.

HEALTH IMPACTS OF SLEEP DEPRIVATION

Chronic lack of sleep can affect mental health, decision-making, immunity, and increase the risk of accidents.

TOOLS AND TREATMENTS FOR BETTER SLEEP

Options include using CPAP for sleep apnea, practicing CBT-I for insomnia, or building better sleep hygiene habits.

StudySmart Guide - StudySmart Guide - StudySmart Guide - StudySmart Guide

Why Sleep Isn't Lazy

Additional Resources

National Sleep Foundation – Healthy Sleep for Teens

Information on how much sleep teens need, why it matters, and ways to improve sleep quality

<https://bit.ly/3J9fxwl>

American Academy of Sleep Medicine

Why sleep is key to help teenagers recharge

<https://bit.ly/3HgtB78>

Improve Your Sleep

Tips to improve your sleep when times are tough

<https://bit.ly/4fs44EJ>

YouTube - Sleep and Mental Health

Stanford Medical School looks at how sleep impacts mental health

<https://bit.ly/4fzmfZc>

Listen to the Podcast



Explore and Explain

1. How does a lack of sleep affect your ability to focus, remember, and learn during the school day?
2. Why do teens need more sleep than adults, and what makes it harder for them to get it?
3. How does screen time before bed affect sleep quality and brain activity?
4. What are some science-backed strategies that can help improve sleep habits over time?

Sleep is essential for your physical and mental health, and building good habits now can lead to better performance, mood, and long-term well-being.

Sleep Health



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Acronyms

CBT-I

Cognitive Behavioral Therapy for Insomnia

CPAP

Continuous Positive Airway Pressure

NIH

National Institutes of Health

NREM

Non-Rapid Eye Movement

REM

Rapid Eye Movement

Vocabulary

BLUE LIGHT EXPOSURE

Light from screens that can make it harder to fall asleep

CIRCADIAN RHYTHM

Your body's natural 24-hour clock that controls sleepiness and alertness throughout the day

MELATONIN

A hormone your brain releases that helps you feel sleepy and prepares your body for rest

POWER NAP

A short nap (10–20 minutes) that boosts energy and focus

REM SLEEP

A stage of deep sleep when most dreaming happens and your brain does important memory and emotional processing

SLEEP CYCLE

The repeated pattern of sleep stages (light sleep, deep sleep, and REM) your body goes through during the night

SLEEP DEBT

Sleep you've missed compared to what your body needs

SLEEP DEPRIVATION

Getting too little sleep, which can hurt your focus, mood, physical health, and decision-making

SLEEP EFFICIENCY

How much of your time in bed is actually spent sleeping

SLEEP HYGIENE

Healthy routines and behaviors—like limiting caffeine and turning off screens—that support better sleep