

GROUP ACTIVITY

Sleep Hygiene: How's Your Sleep?

OBJECTIVE

To begin to understand sleep and sleep hygiene as it relates to injury.

- Addressing poor sleeping habits is a first and personal step to preventing injury and to live a healthier life.
- The recommended amount of sleep for 13- to 18-year-olds is eight to 10 hours per night.
- Studies suggest more than half of Canadian teens get much less, about 6.5 to 7.5 hours per night.
- When teens don't get enough ZZZs, the health dangers range from diabetes, to depression and substance abuse.

MATERIALS

- Link to sleep video
- ASHS sleep survey handout
- Sleep diary handout

TIME

75-80 minutes (multiple time requirements per task)

INSTRUCTIONS

1. Watch “What would happen if you didn't sleep” video by: Claudia Aguirre (Duration: 6 minutes)

https://www.ted.com/talks/claudia_aguirre_what_would_happen_if_you_didn_t_sleep/transcript?language=en#t-32203

In the United States, it's estimated that 30 percent of adults and 66 percent of adolescents are regularly sleep-deprived. This isn't just a minor inconvenience: staying awake can cause serious bodily harm. Claudia Aguirre shows what happens to your body and brain when you skip sleep.



INSTRUCTIONS - CONTINUED

2. Individually complete and score the survey found on the Adolescent Sleep Hygiene Scale handout (Duration: 15-20 minutes).
3. Get into small groups and compare scores with your peers and discuss similarities and differences (Duration: 15 minutes).
4. Use the Sleep diary handout to track and assess your own individual sleeping practices for a total of 7-days (Duration: 5 minutes per day 35 minutes).
5. As a group gather and organize each group member's information on a presentation slide deck. Be prepared for group discussion on sleep deprivation, share individual scores and group scores.



- Teacher-led
- Group discussion

Adolescent Sleep Hygiene Scale

Directions: Using the choices below, circle *how often* the following things have happened during the past month.

Never – has not happened

Once in Awhile – happened 20% of the time

Sometimes – happened 40% of the time

Quite Often – happened 60% of the time

Frequently, if not always – happened 80% of the time

Always – happened 100% of the time

		Always (100%)				
		Frequently, if not Always (80%)				
		Quite Often (60%)				
		Sometimes (40%)				
		Once in Awhile (20%)				
		Never (0%)				
During the day...						
1.	...I take a nap that lasts <i>more than</i> 1 hour.	N	O	S	Q	F A
2.	...I play or exercise for <i>more than</i> 20 minutes.	N	O	S	Q	F A
After 6:00 in the evening...						
3.	...I have drinks with caffeine (for example: cola, root beer, iced tea, coffee).	N	O	S	Q	F A
4.	...I take a nap.	N	O	S	Q	F A
5.	...I do some kind of physical activity (for example: exercise, play sports).	N	O	S	Q	F A
6.	...I smoke or chew tobacco.	N	O	S	Q	F A
7.	...I drink beer (or some other drinks with alcohol).	N	O	S	Q	F A
During the 1 hour before bedtime...						
8.	...I do things that make me feel <i>calm or relaxed</i> (for example: taking a hot bath/shower, listening to soft music, reading).	N	O	S	Q	F A
9.	...things happen that make me feel <i>strong emotions</i> (sadness, anger, excitement).	N	O	S	Q	F A
10.	...I am <i>very active</i> (for example: playing outside, running, wrestling).	N	O	S	Q	F A
11.	...I do things that make me feel <i>very awake</i> (for example: playing video games, watching TV, talking on the telephone).	N	O	S	Q	F A
12.	...I drink <i>more than</i> 4 glasses of water (or some other liquid).	N	O	S	Q	F A

		Always (100%)					
		Frequently, if not Always (80%)					
		Quite Often (60%)					
		Sometimes (40%)					
		Once in Awhile (20%)					
		Never (0%)					
I go to bed...							
13.	...and do things in my bed that keep me awake (for example: watching TV, reading).	N	O	S	Q	F	A
14.	...and think about things I <i>need</i> to do.	N	O	S	Q	F	A
15.	...feeling upset.	N	O	S	Q	F	A
16.	...and replay the day's events over and over in my mind.	N	O	S	Q	F	A
17.	...and worry about things happening at home or at school.	N	O	S	Q	F	A
18.	...with a stomachache.	N	O	S	Q	F	A
19.	...feeling hungry.	N	O	S	Q	F	A
I fall asleep...							
20.	...while listening to loud music.	N	O	S	Q	F	A
21.	...while watching TV.	N	O	S	Q	F	A
22.	...in a <i>brightly</i> lit room (for example: the overhead light is on).	N	O	S	Q	F	A
23.	...in <i>one place</i> and then move to <i>another place</i> during the night.	N	O	S	Q	F	A
24.	...in a room that feels <i>too hot</i> or <i>too cold</i> .	N	O	S	Q	F	A
I sleep...							
25.	...in a home where someone smokes cigarettes, cigars, or a pipe.	N	O	S	Q	F	A
I...							
26.	...get <i>too little</i> sleep.	N	O	S	Q	F	A
27.	...use a bedtime routine (for example: bathing, brushing teeth, reading).	N	O	S	Q	F	A
28.	...use my bed for things <i>other than sleep</i> (for example: talking on the telephone, watching TV, playing video games, doing homework).	N	O	S	Q	F	A
29.	...check my clock several times during the night.	N	O	S	Q	F	A

		Always (100%)					
		Frequently, if not Always (80%)					
		Quite Often (60%)					
		Sometimes (40%)					
		Once in Awhile (20%)					
		Never (0%)					
During the school week, I...							
30.	...stay up more than 1 hour past my usual <u>bedtime</u> . My <u>usual</u> school night bedtime is ____:____ am pm	N	O	S	Q	F	A
31.	..."sleep in" more than 1 hour past my usual <u>wake time</u> . My <u>usual</u> school day wake time is ____:____ am pm	N	O	S	Q	F	A
On weekends, I...							
32.	...stay up more than 1 hour past my usual <u>bedtime</u> . My <u>usual</u> weekend bedtime is ____:____ am pm	N	O	S	Q	F	A
33.	..."sleep in" more than 1 hour past my usual <u>wake time</u> . My <u>usual</u> weekend wake time is ____:____ am pm	N	O	S	Q	F	A

Scoring of the Adolescent Sleep Hygiene Scale (ASHS)

- The ASHS provides 8 subscale scores and an overall sleep hygiene score.
- Higher scores indicate better success on each of these dimensions of sleep hygiene.
- Response options are scored as follows:
 - Never (6 point)
 - Once in Awhile (5 points)
 - Sometimes (4 points)
 - Quite Often (3 points)
 - Frequently, if not Always (2 points)
 - Always (1 points)
- Reverse-code item 27

Physiological Factor (mean of 5 items)

- 3 After 6:00 in the evening, I have drinks with caffeine (e.g., cola, root beer, iced tea, coffee)
- 10 During the 1 hour before bedtime, I am very active (e.g., playing outside, running, wrestling)
- 12 During the 1 hour before bedtime, I drink more than 4 glasses of water (or some other liquid)
- 18 I go to bed with a stomachache
- 19 I go to bed feeling hungry

Behavioral Arousal Factor (mean of 3 items)

- 11 During the 1 hour before bedtime, I do things that make me feel very awake (e.g., playing video games, watching TV, talking on the telephone)
- 13 I go to bed and do things in my bed that keep me awake (e.g., watching TV, reading)
- 28 I use my bed for things other than sleep (e.g., talking on the telephone, watching TV, playing video games, doing homework)

Cognitive/Emotional Factor (mean of 6 items)

- 14 I go to bed and think about things I need to do
- 16 I go to bed and replay the day's events over and over in my mind
- 29 I check my clock several times during the night
- 9 During the 1 hour before bedtime, things happen that make me feel strong emotions (e.g., sadness, anger, excitement)
- 15 I go to bed feeling upset
- 17 I go to bed and worry about things happening at home or at school

Sleep Environment Factor (mean of 5 items)

- 20 I fall asleep while listening to loud music
 - 21 I fall asleep while watching TV
 - 22 I fall asleep in a brightly lit room (e.g., the overhead light is on)
 - 24 I fall asleep in a room that feels too hot or too cold
 - 23 I fall asleep in one place and then move to another place during the night
-

Sleep Stability Factor (mean of 3 items)

- 30 During the school week, I stay up more than 1 hour past my usual bedtime
- 32 On weekends, I stay up more than 1 hour past my usual bedtime
- 33 On weekends, I “sleep in” more than 1 hour past my usual wake time

Daytime Sleep Factor (mean of 2 items)

- 1 During the day, I take a nap that lasts more than 1 hour
- 4 After 6:00 in the evening, I take a nap

Substances Factor (mean of 2 items)

- 6 After 6:00 in the evening, I smoke or chew tobacco
- 7 After 6:00 in the evening, I drink beer (or some other drinks with alcohol)

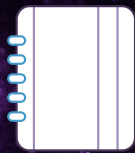
Bedtime Routine Factor (value for 1 item)

- 27 I use a bedtime routine (e.g., bathing, brushing teeth, reading)

TOTAL ASHS SCORE – (mean of all 8 subscales)**Items that are not part of a subscale or the total ASHS score but were included in the ASHS due to theoretical interest:**

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- During the day, I play or exercise for more than 20 minutes
 - After 6:00 in the evening, I do some kind of physical activity (e.g., exercise, play sports)

 - During the 1 hour before bedtime, I do things that make me feel calm/relaxed (e.g., taking a hot bath/shower, listening to soft music, reading)*
 - I sleep in a home where someone smokes cigarettes, cigars or a pipes
 - I get too little sleep
 - During the school week, I “sleep in” more than 1 hour past my usual wake time
-



Sleep Diary

MY SLEEP PRESCRIPTION

Bed Time: _____

Rise Time: _____

DAY OF THE WEEK							
DATE							
Q1 What time did you go to bed?							
Q2 What time did you try to go to sleep?							
Q3 What time did you fall asleep?							
Q4 How many times did you wake up during the night?							
Q5 In total, how long did these awakenings last (minutes)?							
Q6 What time was your final awakening?							
Q7 What time did you get out of bed to start your day?							
Q8 Note anything that interfered with your sleep							



End of week calculations

Easy calculations at mysleepwell.ca/calculator

My sleep duration (typical night): _____ My sleep efficiency (typical night): _____