



**Narrator:** Have you ever felt like you were uninterested or unmotivated to do school work?

We all feel like that sometimes. Sometimes Monday's are the hardest after a weekend of fun and relaxation. Sometimes we can't concentrate, think clearly and or stay focused.

**Narrator:** The first step in getting motivated and focused is to be mindful of how we feel. Acknowledging our feelings is the first step to "changing" how we feel.

It is important to be mindful about our mood because it affects our learning and problem-solving skills. Once we know the things our bodies need to be in a good and positive mood, we can change how we feel!

**Narrator:** Today we are going to talk about how sleep affects our mood. Sleep is important for children, teens and young adults because it directly impacts mental and physical development.



During **sleep**,

- blood supply to the muscles is increased
- energy is restored
- tissue **growth** and repair occur
- **important** hormones are released for **growth** and development



According to the National Sleep Foundation, teens and young adults need 10-12 hours of sleep a night. Sleep patterns are very important because each of us has a biological clock and if we don't align our sleep with that clock, it can affect the quality of our sleep and how rested we feel when we wake up.



Sometimes we stay up way too late at night; on our phones, watching Netflix or making sure we see the end of an important game. There are a multitude of negative effects that happens as a result of not getting enough sleep including:



- Our ability to listen and concentrate
- Affects our ability to learn, remember and solve problems
- Causes pimples and other skin problems
- Less patience, and aggressive behavior
- Poor choices in what and how much we eat and how much we eat
- More susceptible to getting sick

Wow! I bet most of us didn't realize how important sleep is! Underline any of the things above that you have personally experienced.

Answer these questions:

1. What time do you go to sleep on weekdays?
2. What time do you wake up on weekdays?
3. Are you getting 10-12 hours of sleep on weekdays?
4. What time do you go to sleep on weekends or vacation?
5. What time do you typically wake up on weekends or during vacation?
6. Are you getting 10-12 hours of sleep on weekends and vacations?
7. Do you ever take naps?