**From A to ZZZZZs: Teens & Sleep DVD (20 minutes)**

**TRUE/FALSE**

1. The 2 main types of sleep are: non-REM & REM sleep. TRUE

2. Cycles of daylight & darkness help regulate when people feel sleepy

and when they feel alert. TRUE

3. A person’s circadian rhythms stay constant throughout life. FALSE

4. Teenagers need about 7 hours of sleep each night. FALSE

5. Sleep deprivation can affect your ability to learn. TRUE

6. Turning on the air conditioner while driving is a good way to

stay awake and alert. FALSE

7. It takes about 20 minutes to feel the effects of caffeine. TRUE

8. Driving while tired causes as much impairment as driving while drunk. TRUE

9. If you haven’t gotten enough sleep all week, you should sleep really

late on the weekends to make up for it. FALSE

10. Drinking alcohol helps ensure a good night’s sleep. FALSE

**IMPACTS OF SLEEP DEPRIVATION**

**Learning**

* + Reduced ability to pay attention
  + Decrease in creativity & communication
  + Difficulty problem-solving and thinking innovatively
  + Trouble making-decisions
  + Decrease in overall motivation
  + Impaired memory

**ATHLETIC PERFORMANCE**

* + Impaired coordination & slower reaction times
  + Reduced CV performance --- by up to 11%
  + Reduced endurance

**HEALTH**

* + Becoming more acne-prone
  + Impaired immune system, making you more likely to get sick
  + Hormone imbalances that make obesity more likely

**MOOD**

* + More aggressive
  + Irritable & easily angered
  + At increased risk for depression