



As kids get older, they often struggle to get the amount of sleep they need. Demands from school, extracurriculars, social events, and those super-engaging screens can keep them up late into the night. But their bodies and brains need sleep in order to stay healthy.

This lesson covers the relationship between sleep and mental health. Sleep and mental health are bidirectional, meaning that each can enhance or hinder the other. Mental health issues can impact sleep in two opposite ways: sometimes they make it harder to fall and stay asleep; other times they make it tough to get out of bed and muster energy. Sleep can impact mental health as well. Too little sleep leads to sleep deprivation, which directly affects mood and stress level. Too much sleep on the other hand can interfere with a person's ability to have meaningful social interactions or accomplish what they need to do during the day. The relationship between sleep and mental health applies to people of all ages. We all benefit from understanding the importance of sleep and implementing pre-sleep routines to help us achieve sleep goals.

Learning Objectives of Sleep + Mental Health Lesson

- Learn how melatonin makes a person sleepy
- Understand how much sleep people need
- Recognize the connection between sleep + mental health
- Strategize how to maximize sleep

that
HEALTH
class