

Sleep

Quotations "Think in the morning. Act in the noon. Eat in the evening. Sleep in the night."

- William Blake

"Sleep is the best meditation."

- Dalai Lama

Questions

- Do you believe you sleep enough each night? Does everyone need the same amount of sleep?
- Do you think certain cultures value their sleep and sleep more than other cultures?
- Do you believe it is valuable for your health to get enough sleep every night?
- Do you believe sleep wastes time? Do you think naps waste time?
- When do you usually go to bed? Wake up? Do you believe it's important to stay on a sleep schedule? Do you wake up naturally or do you need an alarm clock?
- Why do people need a proper night's sleep? Why is it especially important for babies and teenagers to get more sleep than adults?
- Do you do anything special before you go to sleep? Bathe, brush your teeth, have a snack, put lotion on, put on a fan or the heat?
- Have you ever had to take medicine to help you sleep? Have you even drank warm milk or herbal tea or had a nightcap?
- Do certain foods or drink keep you awake at night and prevent you from sleeping? Do c problems in your life keep you awake?
- If you don't get enough sleep, how does it affect you mentally and physically?
- Are you a light sleeper or a heavy deep sleeper? What is positive and negative about both?

Presentation Take a class poll on the sleep habits of students. This can be done by age, by gender and by work schedules. Check for averages amongst groups and the class as a whole.