

Name: _____ Class: _____ Date: _____

The Importance of Sleep

Engage (5 minutes)

Answer the questions below based on your existing knowledge and/or personal experience.

1. How many hours of sleep did you get last night? Write the number on the **post-it**
2. How well did you sleep last night?



Explore

Let's plot our class data and see what we find out

1. What do you notice? Do you see any patterns?
2. What are the highest and least amounts of sleep?
3. How much sleep did our class get on average?

As you watch the video, jot down anything that sticks out to you

Evaluate: Reflection Writing

Make sure your work is accurate and complete before submitting it!

How does sleep affect your daily life?

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.