

Open Your Class With This Tomorrow- *Generation Sleepless: Why Tweens and Teens Aren't Sleeping Enough and How We Can Help Them*

Sleep happens when we are unconscious, so it is easy to forget about it. And following sleep advice can sometimes feel like a chore. But using the Sleep Challenge allows students to explore their sleep, clarify their goal, modify their five sleep habits, and then take the sleep challenge for a timing of their choice. This opportunity allows students to personalize their sleep and create routines and goals that motivate them. Forming a plan goes a long way in making that goal happen!

Directions: Have students look more closely at their sleep habits by exploring the [Sleep Challenge](#) from the authors' website [The Happy Sleeper](#).