Sleep: Student Misconceptions to Talk About

Directions: discuss with a partner why these ideas are mistaken. Write down your ideas.  
1) I can catch up on my lost sleep during the weekend.

2) During sleep, the body and the brain shut down to rest.

3) If I wait until I feel sleepy to go to sleep, I’ll get enough sleep.

5) Teens need about the same amount of sleep as adults.

6) Caffeine will fix things when I’m sleepy during the day.

7. Teens who fall asleep in class are lazy and are avoiding work.