



OALCF Task Cover Sheet

Task Title: Let Me Sleep On It

Learner Name:	
Date Started:	Date Completed:
Successful Completion: Yes ___ No ___	
Goal Path: Employment ___ Apprenticeship ___ Secondary School ___ Post Secondary ___ Independence ✓	
Task Description: The learner will track their sleep schedule for a week.	
Competency: B: Communicate Ideas and Information C: Understand and Use Numbers	Task Group(s): B3: Complete and create documents C2: Manage time
Level Indicators: B3.2a: Use layout to determine where to make entries in simple documents C2.1: Measure time and make simple calculations	
Performance Descriptors: see chart on last page	
Materials Required: <ul style="list-style-type: none">• Handout "Why is Sleep Important?"• Task sheet• Pen or pencil	



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Maintaining a proper sleep schedule is important to physical and mental health. Look at the handout “Why is Sleep Important?” Most adults need about 7 to 8 hours of sleep on a consistent basis. Are you getting enough sleep? One way to find out is to keep a sleep diary.

Learner Information and Tasks:

Task 1: Keep track of your sleep habits for a week in the first four columns of the chart below.

Date	Time you went to bed	Time you got up	Did it feel like a “good night’s sleep”?	Total hours slept

Task 2: Calculate the number of hours slept each night and enter them in column five.



For more information, visit <http://www.nhlbi.nih.gov/health/health-topics/topics/sdd/>

Why Is Sleep Important?

Sleep plays a vital role in good health and well-being throughout your life. Getting enough quality sleep at the right times can help protect your mental health, physical health, quality of life, and safety.

The way you feel while you're awake depends in part on what happens while you're sleeping. During sleep, your body is working to support healthy brain function and maintain your physical health. In children and teens, sleep also helps support growth and development.

The damage from sleep deficiency can occur in an instant (such as a car crash), or it can harm you over time. For example, ongoing sleep deficiency can raise your risk for some chronic health problems. It also can affect how well you think, react, work, learn, and get along with others.

How Much Sleep Is Enough?

The amount of sleep you need each day will change over the course of your life. Although sleep needs vary from person to person, the chart below shows general recommendations for different age groups.

Age	Recommended Amount of Sleep
Newborns	16–18 hours a day
Preschool-aged children	11–12 hours a day
School-aged children	At least 10 hours a day
Teens	9–10 hours a day
Adults (including the elderly)	7–8 hours a day



If you routinely lose sleep or choose to sleep less than needed, the sleep loss adds up. The total sleep lost is called your sleep debt. For example, if you lose 2 hours of sleep each night, you'll have a sleep debt of 14 hours after a week.

Some people nap as a way to deal with sleepiness. Naps may provide a short-term boost in alertness and performance. However, napping doesn't provide all of the other benefits of night-time sleep. Thus, you can't really make up for lost sleep.

Some people sleep more on their days off than on work days. They also may go to bed later and get up later on days off.

Sleeping more on days off might be a sign that you aren't getting enough sleep. Although extra sleep on days off might help you feel better, it can upset your body's sleep-wake rhythm.

Bad sleep habits and long-term sleep loss will affect your health. If you're worried about whether you're getting enough sleep, try using a sleep diary for a couple of weeks.

Write down how much you sleep each night, how alert and rested you feel in the morning, and how sleepy you feel during the day. Show the results to your doctor and talk about how you can improve your sleep. You can find a sample sleep diary in the National Heart, Lung, and Blood Institute's ["Your Guide to Healthy Sleep."](#)

Sleeping when your body is ready to sleep also is very important. Sleep deficiency can affect people even when they sleep the total number of hours recommended for their age group.

For example, people whose sleep is out of sync with their body clocks (such as shift workers) or routinely interrupted (such as caregivers or emergency responders) might need to pay special attention to their sleep needs.

If your job or daily routine limits your ability to get enough sleep or sleep at the right times, talk with your doctor. You also should talk with your doctor if you sleep more than 8 hours a night, but don't feel well rested. You may have a sleep disorder or other health problem.



Task prepared for the project "Using Technology to Facilitate Connections between Literacy and the Broader Community" (2014)

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Answer Key

Task 1: Answers will vary.

Task 2: Answers will vary.



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Performance Descriptors		Needs Work	Completes task with support from practitioner	Completes task independently
B3.2a	<ul style="list-style-type: none"> uses layout to determine where to make entries 			
	<ul style="list-style-type: none"> makes entries using a limited range of vocabulary 			
C2.1	<ul style="list-style-type: none"> adds, subtracts, multiplies and divides whole numbers and decimals 			
	<ul style="list-style-type: none"> understands chronological order 			
	<ul style="list-style-type: none"> identifies and performs required operation 			
	<ul style="list-style-type: none"> represents dates and times using standard conventions 			
	<ul style="list-style-type: none"> measures time using common instruments, such as clocks, timers and stopwatches 			

This task: was successfully completed___ needs to be tried again___

Learner Comments

Instructor (print)

Learner Signature