

# Counting Your Blessings, Instead of Sheep

## Family & Community Education Leader Lesson

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### Lesson Summary

This lesson will review the importance of sleep on overall health for adults and provide insight into strategies for improving sleep.

### Did You Know?

- One-third of US adults report that they usually get less than the recommended amount of sleep.
- In Tennessee, nearly 40 percent of adults report they get less than 7 hours of sleep per night.
- Not getting enough sleep is linked to chronic diseases and other conditions, such as type 2 diabetes, obesity, and depression. It is also associated with an increased risk for motor vehicle accidents.
- According to the American Academy of Sleep Medicine, there are 35 sleep disorders.

### Lesson Objectives

By the end of this lesson, participants will:

- Increase awareness of the long-term health effects of poor sleep quality.
- Increase knowledge of lesser-known sleep disorders.
- Increase understanding of habits and environmental factors that impact sleep quality.

### Materials Needed

- Computer, projector, and PowerPoint file or printed copy of the accompanying PowerPoint presentation.
- Copies of handouts:
  - Sleep and Chronic Disease\_CDC
  - Sleep Diary

### Before the Lesson

- Download and print a copy of the notes with the PowerPoint presentation.
- Make copies of the handouts that you plan to share. You may wish to copy the PowerPoint slides. Instead of printing the full-page slides, you may prefer to print one of the handout versions.
- If using PowerPoint in a location without the Internet, download *5 Ways to Improve Your Sleep* from YouTube. The URL has not worked so search by name and look for an opening screen that looks like the one in the PowerPoint.
- Review the lists of sleep disorders at <https://sleepeducation.org/sleep-disorders/> depending on the amount of time for the program and the potential interest of participants of knowing more about them.

- Review the psychological sleep routine suggestions found at <https://www.aarp.org/health/healthy-living/info-2022/sleep-hygiene.html>. This is where the “blessings” aspect of this lesson was derived.
- Select one or two relaxation techniques to lead in the sessions. If you need a suggestion, go to <https://www.sleepfoundation.org/sleep-hygiene/relaxation-exercises-to-help-fall-asleep> for ideas.
- Participants may have questions about supplements for sleep. You may wish to prepare for this by

## **The Lesson**

### **Introduction** (5 minutes)

Ask: What do these have in common?

- Fretting strategically
- Rising and shining when it's time
- Enjoying sunshine
- Appreciating yourself (this is where the title comes from)
- Exercising
- Taking only short naps

Answer: They are ways to get better sleep.

If using the PowerPoint, review the lesson objectives.

### **Lesson** (15-20 minutes)

- Review the long-term effects using CDC information that is also provided as a handout.
- Discuss the types of sleep disorders and focus on a couple of specific disorders that you feel will be of interest to the participants. You may choose familiar disorders or lesser-known/more unique ones found at: <https://sleepeducation.org/sleep-disorders/>
- If able, show the “5 Ways to Improve Sleep” video.
- Review calming routines and environmental factors that help or harm sleep.
- Lead participants in a breathing exercise.
- Discuss habits and environmental factors that participants plan to try. Alternatively, discuss habits/environmental factors that anyone has tried and found helpful for them.
- Share and explain the sleep diary and information regarding finding a sleep specialist, which can be found on the <https://www.sleepfoundation.org/> site.

## **References**

- <https://www.aarp.org/health/healthy-living/info-2022/sleep-hygiene.html>
- <https://www.aarp.org/health/healthy-living/info-2023/how-to-sleep-through-the-night.html>
- <https://www.cdc.gov/sleep/>
- <https://www.sleepeducation.org>
- <https://www.sleepfoundation.org/>