



Chalk Talk

In order to reinforce the lesson and put TrueSport into action, do the following Chalk Talk with your athletes.

Instructions

Start a discussion about sleeping and sleep habits, keeping in mind the points on the Sleep Hygiene page in the lesson companion document.

1. On average, how many hours of sleep do you get a night?
2. Do you feel like that is enough? Why or why not?
3. If not, how could you find a way to get more sleep on a nightly basis?
4. Do you have a screen (like a television, phone, or computer) in your bedroom? Do you think it aids or distracts your sleep?
5. How do you think your sleep affects your performance in school? In your sport?