



TOPIC: Drowsy Driving & Sleep Deprivation

GRADES: 9 - 12

OBJECTIVES

- Understand the importance of proper sleep habits
- Discover the dangers of drowsy driving and sleep deprivation
- Analyze data and statistics about drowsy driving
- Apply concepts by engaging a creative prevention campaign
- Understand how sleep deprivation impacts the human brain and body
- Compare and contrast drowsy driving to alcohol-impaired driving

PROCEDURE

- Assign students to watch the following videos:
 - ["Driving Sleep Deprived"](#)
 - [Drowsy Driving](#)
- Assign students to read information on [sleep for teens](#).
- After students complete viewing the videos and reading the information, assign them to complete the worksheet and the project.
 - OPTIONAL: Assign more reading or research for additional resources for the project.
- Assign students a completion date for the worksheets and project and ensure it is turned in by that date.

OPTIONAL ACTIVITIES

- Assign students a peer-editor to look over and provide constructive feedback to their partner.

ADDITIONAL INFORMATION

- More information on drowsy driving, and teens and sleep:
 - [AAA Exchange](#)
 - [Johns Hopkins Medicine](#)
 - [AAA Foundation for Traffic Safety](#)

SUMMARY

By the end of this lesson, students should be able to use data to apply to real life, identify the adverse effects of sleep deprivation on the human brain and body, understand the current statistics on drowsy driving, and analyze and strategize ways to avoid drowsy driving.