

INTRODUCTION**The Awake at the Wheel**

Insert in the student edition of this magazine is a wake-up call for kids, teachers and parents alike. Its message is simple: adequate sleep is essential; inadequate sleep is dangerous.

- Many teenagers need at least 9 hours of sleep per night—more than adults.
- Teens' internal biological clocks are set for a later onset of sleep and later wake-up times than adults'.
- Teens who are sleep deprived are at high risk for car crashes, poor performance in class and at work, mood swings, and other problems.
- Drowsy driving is a significant factor in fatalities on the road. Only one solution is effective: more sleep!
- Teens need help in organizing their time to get the sleep they need.

USING THE INSERT

Awake at the Wheel is designed to give teens the information they need to make smart choices about sleep in general and about drowsy driving in particular.

Here are some suggestions for using the insert in your classroom:

- With your students, read the **Dear Student Letter**, **Top 5 Reasons to get Enough Sleep**, and **Feeling Sleepy? Here's Why**. Ask students: How many of you thought that 6 hours of sleep per night is plenty? How many actually get more than 6 hours most nights? Have you ever been a passenger in a car where the driver fell asleep at the wheel? Have you driven while feeling drowsy (fighting to stay awake)?
- Have student volunteers read aloud the case studies in **What Would You Do?** Have students think about and answer the questions for each situation, using

information in the **You Should Know** section. Encourage students to be both creative and realistic about their recommendations.

- The questions on the **Opinion Poll** are intended to get students' creative juices flowing. Consider assigning teams the job of developing strategies for helping families find more time for relaxation; encouraging schools to start later; or helping teens to squeeze in more sleep time.

- The **Wake Up Call!** self-quiz is a tool your students can use to assess their own habits and start to change them. Follow up the quiz with a lesson in time management.

Encourage students to share the **Awake at the Wheel** Insert with their parents and friends. Share it with your fellow teachers as well.

