

Disrupted Sleep: Barriers, Impact, Roles

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Think
Pair
Share

- Why is Sleep Important?

Dr. Vyas

- The Importance of Sleep

What Are Some Barriers to Effective Sleep?

Anxiety

Inconsistent
Routines

Psychotic
Disorders

Stimulants

Bipolar
Disorder

Social Media

Environment

Extracurricular
Activities

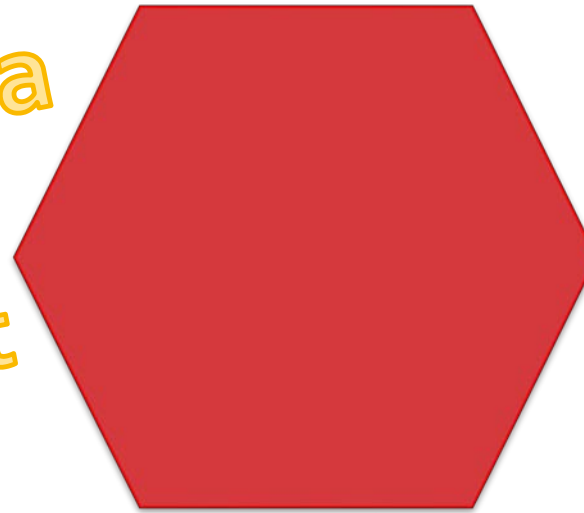
Depression

Chronic Illness

Stress

Poor Sleep
Hygiene

Electronics



How Do Sleep Issues Look in the School Environment?

Absenteeism

Maladaptive Behaviors

Irritability

Hopeless

Failure

Restless

Chaos

Zoned Out

Defiant

Angry

Disengaged

Distractibility

Poor

Disruptive

Judgment

Disrespectful

Inattentive

Violence

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- What Role Do You Play?

Audience Q&A

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Thank You!

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