

**ESTABLISHING THE BASIC PHYSIOLOGY
FOR LEARNING:**
**ADDRESSING THE PHYSICAL WELLBEING
OF STUDENTS TO ENHANCE ACADEMIC
AND SOCIAL-EMOTIONAL WELLBEING**

Exercise, eat well and Engage in good sleep

- Establishing the physiology of mental health
- To feel well & learn, the body needs:
 - Some level of exertion
 - Consumption of relatively healthy food
 - Good rest
- Public health recommendations:
 - Balanced diet (leafy greens, protein)
 - Exercise
 - Stress management
 - Sleep well



Sleep: The 800 lb. Gorilla

Sleep is important for a variety of neurological functions relevant for educators:

- Memory consolidation (i.e., learning)
- Information processing speed
- Mental health (i.e., cranky, irritable, moody)
- Attention regulation/focus
- Physical performance



Implications:

- Improve sleep hygiene/routine
- Sleep logs to improve amount and quality of sleep

Engaging in Good Sleep: Sleep Hygiene

- Systematically reducing the amount and intensity of stimulation (sound, light, images, cognitive hyperactivity)
- Developing a bedtime routine
 - Change into pajamas
 - Brush teeth
 - Read
 - Crawl into bed
- Bedroom environment (stimulus control)
- Falling asleep
 - Practicing mindfulness and meditative practices to combat cognitive hyperactivity