

March 15, 2024

Good morning I.S 201! It's Joanna from class 851 and I will be with you for our S.E.A.L Summaries every Friday on behalf of the S.E.A.L Team.

Nowadays, teens and adolescents get anywhere from 5-9 hours of sleep each night compared to the recommended 8 to 10 hours. As many teens stay up late doing work or scrolling through Instagram reels, the hours of the night quickly fades away. Many people get sleep deprivation, insomnia, and many more cases due to their lack of sleep.

Today, March 15th, happens to be World Sleep Day! In a world where sleep is often loved but neglected, this day reminds us of how important sleep really is. Studies show that around 60% of middle school students are sleep deprived, with 12% of them getting fewer than 6 hours of sleep each night. 1 out of every 4 students experiences insomnia, or has trouble falling or staying asleep, and much more.

Most of the time, we blame our lack of sleep on the overload of work that we have to finish. Even though this may be the case for some of the times, for most of the time, the sudden stack of work may just be caused by procrastination.

On this World Sleep Day, let us all focus and acknowledge the importance of sleep.

Thank you for listening and have a Field of Dreams Friday 😊

SEAL Team pledge:

We are the Dyker S.E.A.L. Team

Positivity is our dream

We teach it every day

To help others live the optimistic way

We learn to control our emotions and feelings

So, we always have effective social dealings

No stone left unturned; no person left behind

Every member of our team has the power to be kind

We spread kindness to our friends, families, and those who need a smile

When facing hardships and adversity, the S.E.A.L. Team goes the extra mile

