

Youth Insomnia

Event: Health Education

Division: Middle School_

Chapter: China HOSA

School: Shanghai Baoshan World Foreign Language School

Course Title: Youth Insomnia

Educators: Jiawen Han, Wannan Shi, Xinyue Lin, Yiran Xu

Target group: 6th graders

Participants: 25 students (age 11-12)



Description of the Lesson

Purpose:

This lesson aims to enrich middle school students' knowledge on insomnia, help them develop a scientific understanding of insomnia and adopt effective approaches to prevent and treat insomnia, so as to enhance their physical and mental wellbeing.

Learning Objectives:

1. Acquire basic information of insomnia: definition, diagnostic criteria, causes and classifications.
2. Master the treatment and prevention methods of insomnia.
3. Develop good living habits and maintain a healthy attitude.

Order of events:

- ✕ **Pre-Evaluation** (300 digital questionnaire were sent online)
- ✕ **Introduction to insomnia**
- ✕ **Insomnia treatment & Experience sharing**
- ✕ **Meditation experience**
- ✕ **Insomnia prevention & Case study**
- ✕ **Post-evaluation**

Supportive Information

I. Background

According to the *White Paper on Sleep Index of Chinese Adolescents and Children in 2019*, the proportion of children aged 13-17 who lack sleep has reached 81.2%, and more

than 60% of teenagers sleep less than 8 hours, and only 18% of teenagers feel energetic after waking up. Since adolescents are in a critical period of physical and brain development, long-term lack of sleep time or decreased sleep quality will not only cause the body's lack of immunity, memory loss or mental degeneration, but also cause psychological problems. (Chinese Sleep Research Association, 2019)

II. Definition of insomnia

According to the American Academy of Sleep Medicine's International Classification of Sleep Disorders (3rd edition), insomnia is defined as the "persistent difficulty with sleep initiation, duration, consolidation or quality". (Foley, 2020)

III. Diagnostic criteria of adolescent insomnia

According to the fifth edition of the American Diagnostic Manual of Mental Disorders (DSM-5), the diagnostic criteria for insomnia are:

- ✕ Insufficient sleep duration or poor quality
- ✕ Significant clinical anxiety and impaired social functions

IV. Causes of insomnia in adolescents

Clinically, the causes of insomnia are usually attributed to four aspects: **physiological factors, psychological factors, environmental factors, and social factors.**

V. Common types of insomnia in adolescents

There are four common types of insomnia: **learning-related insomnia, communicative insomnia, emotional insomnia, growth and developmental insomnia.** (Song, et al, 2012)

VI. Treatment of adolescent insomnia

- ✕ **Drug treatment:**

A large number of studies recommend comprehensive treatment of insomnia for adolescents, and drug treatment is only for special cases when absolutely necessary. (Ma, et al, 2019)

✘ **Psychotherapy:**

Cognitive Behavioral Therapy (CBT): aimed at helping young people understand the real cause of insomnia, and providing psychological tips. (Ma, et al, 2019)

Relaxation Training (Relaxation Training, RT): designed to alleviate mental disorders. Muscle relaxation and meditation are 2 commonly used methods. (Jiang et al, 2017)

✘ **TCM (Traditional Chinese Medicine) Treatment:**

TCM is regarded as a complementary and alternative therapy in the field of modern medicine due to its more personalized diagnosis, diverse treatment schemes and outstanding effect.

TCM herb formula: Suanzaoren (nourish the heart, benefit the liver & tranquilize the mind), Baiziren (used for severe palpitations and night sweats) and He Huan Hua (activate blood circulation).

TCM acupuncture: Acupuncture is considered to be beneficial to restore the normal sleep-wake cycle by regulating and restoring the natural flow of Qi.

VII. Prevention of adolescent insomnia

- ✘ Develop a regular sleep schedule
- ✘ Create a proper sleeping atmosphere
- ✘ Maintain a balanced diet and exercise regularly

Lesson Outline

Order of Events	Time	Description
Introduction	1 min	Introduce the educators and our health education topic.
Lead-in: A short video	2 min	Play a short video about insomnia to stimulate students' interests.
Pre-Investigation	3 min	Raise a question: Have you ever experienced insomnia? Then invite several students to share their opinions.
Introduction to insomnia	5 min	Introduce the definition of insomnia, the diagnostic criteria of adolescent insomnia, and explain the causes and common types of youth insomnia.
Insomnia treatment	3 min	Introduce treatment methods of insomnia: <ol style="list-style-type: none"> 1. Cognitive behavior therapy (seek positive psychological counselling, and conduct sleep-aid behaviors) 2. Relaxation training (muscle relaxation, meditation) 3. TCM treatment (Chinese herbs and acupoint massages)

Experience sharing	3 min	Share experiences and solutions to certain insomnia situations by two of our group members who suffer from insomnia.
Mediation experience	5 min	Use soft and soothing music to guide students to meditate and relax.
Insomnia prevention	8 min	Introduce the effective methods to prevent insomnia: develop a balance between work and life, create a quiet and dark sleeping atmosphere, keep a healthy diet and exercise regularly.
Case study	10 min	Give students a worksheet showing 2 typical cases of adolescent insomnia and ask students to work out a plan to improve the situation in groups.
Post-Evaluation	10 min	Give students 7 post-evaluation questions in a quick answer game. Hand out a post-evaluation form to assess how much knowledge the audience have developed about insomnia after this lesson.

Lesson materials

1. Class Photos

Date: April 9th, 2021

Duration: 50 mins



(1) At first, we played a short video: *Mr. Bean had insomnia* to stimulate students' interests.



(2) Xinyue Lin introduced the definition and the diagnostic criteria of adolescent insomnia, and explained its causes and common types in details.



(3) Jiawen Han introduced the treatment of insomnia, with spotlight on the psychological and TCM treatment.



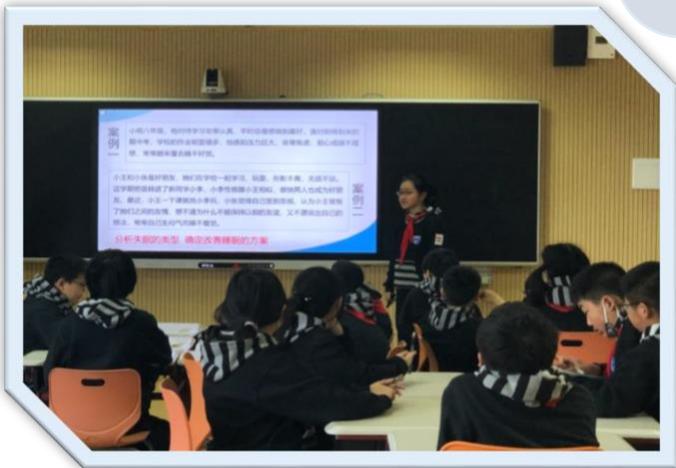
(4) Yiran Yu and Xinyue Lin shared their personal stories of coping with insomnia.



(5) Xinyue Lin played soft piano music and guided the audience to mediate.



(6) Yiran Xu introduced approaches to prevent insomnia.



(7) Jiawen Han explained the details of the two cases to the audience. She also gave instructions about the



(8) Students had a heated discussion on the cases.



(9) We invited groups to share their opinions on the cases.



(10) Post-evaluation: groups competed to answer questions. The group that made the correct answer got one point.

2. In-Class worksheets (case study)

- ✘ **Case One:** Xiao Ming is an 8th grade student who is always trying his best. He has to finish a lot of school assignments every day, which makes him feel overwhelmed. Facing the upcoming high school entrance examination, Xiao Ming is trying to make progress in every possible way so he always stays up late and can't sleep well at night, feeling anxious.
- ✘ **Case Two:** Xiao Wang and Xiao Zhang were good friends. Xiao Wang is cheerful and lively while Xiao Zhang is introverted and quiet. In the 7th grade, they were always with each other, spending a lot of time studying and playing together at school. They always shared their thoughts and talked about everything. In 8th grade, a new student, Xiao Li, transferred to their class. Xiao Li's personality is similar to Xiao Wang's and the two soon got close. However, seeing this, Xiao Zhang felt ignored and betrayed. She didn't understand why she and Xiao Wang were not as close as before

but she was not willing to share her feelings. Being Depressed, she couldn't sleep well at night.

Case Study

青少年失眠之案例分析

案例一：小明八年级，他对待学习非常认真，平时总是想做到最好。面对即将到来的期中考，学校的作业明显增多，他感到压力巨大，非常焦虑，担心成绩不理想，常常翻来覆去睡不着觉。

小组讨论并分析失眠的类型，确定改善睡眠的方案。

答：这是学习压力导致的失眠，主要有以下几个方法：~~①制定~~

- ①制定计划，合理安排时间（作业不要做到太晚）
- ②调整心态，不要给自己太大压力。
- ③压力太大睡不着的话，可以听一些舒缓放松的音乐；睡前喝一杯牛奶；适当运动，放松心情，不要把所有心思都放在学习上，劳逸结合。

青少年失眠之案例分析

案例二：小王和小张是好朋友，她们在学校一起学习、玩耍，形影不离，无话不谈。这学期班级转进了新同学小李，小李性格跟小王相似，很快两人也成为好朋友。最近，小王一下课就找小李玩，小张觉得自己受到忽视，认为小王背叛了她们的友情，想不通为什么不能保持以前的友谊，又不愿意说出自己的想法，常常自己生闷气而睡不着觉。

小组讨论并分析失眠的类型，确定改善睡眠的方案。

答：这个案例属于人际冲突失眠，主要有以下几个方法：①睡觉时不想任何事情

- ②找小王谈谈话，找同学老师倾诉
- ③放下这件事，与其它同学做朋友。
- ④找个合作朋友。

3. Presentation PPTs



01

Pre-Investigation

1 A short video **Mr. Bean had insomnia**

1 Pre-Investigation

Have you ever experienced insomnia?

Survey results of Youth Insomnia Questionnaire

xyy	A, Yes	B, No	Total
A, Middle school students	50%	50%	103
B, High school students	60%	40%	125

White Paper on Sleep Index of Chinese Adolescents and Children in 2019

- > The proportion of children aged 13-17 who lack sleep has reached 81.2%
- > More than 60% of teenagers sleep less than 8 hours
- > Only 18% of teenagers feel energetic after waking up.

1. Decreased immunity
2. Memory loss
3. Mental degeneration
4. Anxiety, paranoia
5. Physical & mental health effects

02

Introduction to Insomnia

1 What is insomnia?

Is staying up late insomnia?

1 Definition of Insomnia

Insomnia refers to "persistent difficulty" with sleep initiation, duration, consolidation or quality. Common symptoms of insomnia are: difficulty in falling asleep, decreased sleep quality, and reduced sleep time, memory, concentration loss, etc.

2 Diagnostic Criteria of Adolescent Insomnia

- (1) **Insufficient sleep duration or poor quality**, and displaying of one or more of the following symptoms: (a) have difficulty falling asleep; (b) have difficulty maintaining sleep; (c) waking early.
- (2) **Significant clinical anxiety** and impaired social functions
- (3) Difficulty in sleeping at least **3 times a week**
- (4) Difficulty in sleeping **lasts for at least 3 months**
- (5) have sufficient opportunities for sleep, but still **have difficulty sleeping**.

3 Causes of Insomnia in Adolescents

Physiological factors	Psychological factors
<ul style="list-style-type: none"> > changes in circadian rhythm and sleep homeostasis > physical diseases or mental disorders 	<ul style="list-style-type: none"> > anxiety and depression caused by study and life > Excessive thinking before going to bed
Environmental factors	Social factors
<ul style="list-style-type: none"> > the level of indoor temperature > the comfort of the bedding > the light and noise at night 	<ul style="list-style-type: none"> > intense academic work > lack of adult supervision > frequent use of electronic products at night

4 Common Types of Insomnia in Adolescents

Learning-related Engage in monotonous and excessively stressful learning activities for a long time.	Communicative Struggle with the relationship between classmates, teachers or parents.
Emotional Loss of emotional control caused by certain emergencies, such as special cases of anxiety.	Growth and developmental Suffer setbacks and feel hopeless; develop bad habits such as staying up late to play games.



03 Insomnia Treatment



1 Drug Treatment

A large number of studies recommend **comprehensive treatment** of insomnia for adolescents. Drug treatment is only for special cases when absolutely necessary.



2 Psychotherapy

(1) Cognitive Behavioral Therapy (CBT): Aimed at young people's **misconceptions** towards sleep, this treatment changes their **unscientific perceptions** of sleep.

Change their excessive sleep expectations, helping them to understand the real cause of insomnia, and giving psychological tips that they should not try to control sleep.



2 Psychotherapy

(2) Relaxation Training: Alleviate mental disorder in patients and reduce the level of alertness and mental arousal by gradually relaxing muscle tension.

01 Muscle relaxation 02 Meditation relaxation



3 TCM Treatment

Insomnia is recognised a symptom of underlying disturbance in the **balance between Yin and Yang**, and in the interaction of **five basic elements** and the **vital organs**.

 Yin Zuo Ren Nourish the heart, benefit the liver & tranquilise the mind Stop sweating	 Shi Zi Ren For severe palpitations and night sweats Relax the bowels	 Shi Huan Xue Disperse the depressed vital energy Activate blood circulation
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01 Herb Formulas 02 Acupoint Messages

3 TCM Treatment

Insomnia is recognised a symptom of underlying disturbance in the **balance between Yin and Yang**, and in the interaction of **five basic elements** and the **vital organs**.

01 Herb Formulas 02 Acupoint Messages



4 Experience Sharing



5 Meditation Experience



04 Insomnia Prevention



Teenagers should sleep for 8-10 hours a day

1 Develop a regular sleep schedule

Take a hot bath or soak your feet in warm water; breathe deeply in bed and relax your muscles

Milk boosts sleep, drink a glass of milk before going to bed

Close your eyes to meditate , listen to slow-paced sleep-aid music.





2 Create a proper sleeping atmosphere

- Choose a comfortable and spacious bed in a quiet area sheltered from wind and light
- Don' t get too close to your mobile phone
- The best temperature for sleep is about 20 degrees



3 Maintain a balanced diet and exercise regularly

- Keep a balanced diet
- Do not overeat before going to bed, and do not drink too much water
- Do some slow-paced exercises, such as walking and jogging




4 Common Types of Insomnia in Adolescents

<p>Learning-related</p> <p>Engage in monotonous and excessively stressful learning activities for a long time.</p>	<p>Communicative</p> <p>Struggle with the relationship between classmates, teachers or parents.</p>
<p>Emotional</p> <p>Loss of emotional control caused by certain emergencies, such as special cases of anxiety.</p>	<p>Growth and developmental</p> <p>Suffer setbacks and feel hopeless; develop bad habits such as staying up late to play games.</p>



Don' ts

- Don' t drink tea, coffee, and alcohol.
- Don' t sleep for a long time during the day





05

Case Study



Case 1

Xiao Ming is an 8th grade student who is always trying his best. He has to finish a lot of school assignments every day, which makes him feel overwhelmed. Facing the upcoming high school entrance examination, Xiao Ming is trying to make progress in every possible way so he always stays up late and can' t sleep well at night, feeling anxious.

Analyze the types of insomnia and come up with a plan to improve his/her sleep

Case 2

Xiao Wang and Xiao Zhang were good friends. Xiao Wang is cheerful and lively while Xiao Zhang is introverted and quiet. In the 7th grade, they were always with each other, spending a lot of time studying and playing together at school. They always shared their thoughts and talked about everything. In 8th grade, a new student, Xiao Li, transferred to their class. Xiao Li' s personality is similar to Xiao Wang' s and the two soon got close. However, seeing this, Xiao Zhang felt ignored and betrayed. She didn' t understand why she and Xiao Wang were not as close as before but she was not willing to share her feelings. Being Depressed, she couldn' t sleep well at night.

Analyze the types of insomnia and come up with a plan to improve his/her sleep

06

Post-Evaluation



1 A Quick Answer Game—True/False

1. Drugs are recommended for treating insomnia.
2. External environmental factors can also lead to insomnia, such as indoor temperature, light and noise but the impact is limited.
3. Ways to prevent insomnia include taking a hot bath or soaking your feet in warm water; drinking a glass of milk, tea or wine before going to bed; it is suggested we sleep for a long time during the day.



2 A Quick Answer Game—fill in the blank

4. The causes of insomnia in adolescents are: physiological factors, _____ factors, environmental factors and social factors.

5. The common types of adolescent insomnia are _____ insomnia, communicative insomnia, emotional insomnia, and growth and development.

6. Psychotherapy for insomnia includes cognitive behavioral therapy and _____.



3 A Quick Answer Game—Best Choice

Ways to prevent insomnia for adolescents include:

A Develop a regular sleep schedule;
 B Build good sleeping conditions and environment;
 C Make a reasonable diet and do exercise
 D All of the above



4. Visual teaching aids

- ✘ **A warming-up video: *Mr. Bean had insomnia***



Source:

Wochaoaijutou. (2019, Dec 6). *Mr. Bean had insomnia* [Video]. Baidu Haokan.

<https://haokan.baidu.com/v?pd=wisenatural&vid=5856036064705410465>

- ✘ **Music for meditation:** The music track is a piece of peaceful and tranquilizing pure music created by a Chinese musician.

Source:

a.Pav. (n.d.). η [Music]. Wangyi Cloud Music.

https://music.163.com/#/song?id=29137871&userid=3277637005&app_version

✕ **Academic poster for Insomnia**

Our team has designed an academic poster to enable the students to develop a more in-depth understanding of the **TCM treatment for insomnia**.

HOSA HEALTH EDUCATION LESSON
2021年4月9日

TCM for Youth Insomnia

—An alternative therapy in the medical field



INSOMNIA & TCM

Exploring The Root Causes & Best Remedies



Suan Zao Ren

Suan Zao Ren 酸枣仁
Nourish the heart,
benefit the liver &
tranquelize the mind

Stop sweating



Bai Zi Ren

Bai Zi Ren 百子仁
for severe
palpitations and
night sweats

Relax the bowels



He Huan Hua

He Huan Hua 合欢花
disperse the
depressed vital
energy

Activate blood
circulation

Acupoint Massages

1



GV20, 百会
"Heaven"

2



EX-HN26, 迎香
"Smell"

3

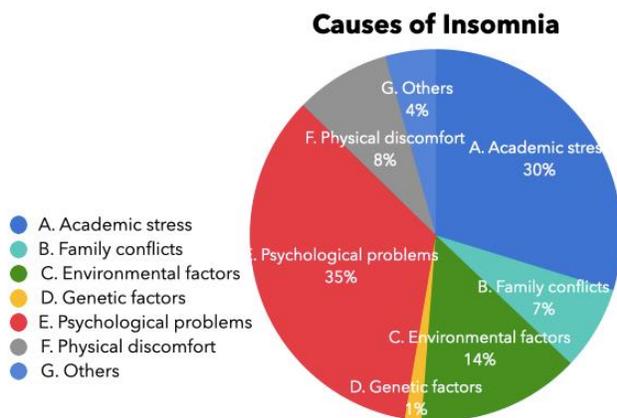


EX, 隐白
"Shimmer"

Feedback tools

Pre-class Questionnaire:

Before our health education lesson, we designed and sent out a pre-class questionnaire containing 11 questions about insomnia. The purpose was to find out the **real situation of youth insomnia** and **identify the focus of our lesson**. We used We Chat-a Chinese social networking platform to circulate our survey and it totally amazed us that **289 effective feedbacks** had been collected in a few days' time. The results indicate that more than 60% of teenagers suffer from insomnia due to **psychological issues** and **academic stress**; more than half recipients responded that they would like to know more about **causes, treatment** and **prevention of insomnia**. Relying on that information, we structured our insomnia lesson.



Questionnaire questions (for secondary school students only)

1. Your age group: A. junior high school student B. high school student
2. Do you think sleep matters? A. Yes B. No
3. What do you think is insomnia? _____
4. Have you ever had insomnia? A. Yes B. No
5. How often do you suffer from insomnia?
 - A. Every day
 - B. Once a week
 - C. Once a month
 - D. Occasionally
6. What do you think is the main reason for your insomnia?
 - A. High academic pressure
 - B. Family conflicts
 - C. Environmental factors (such as noise, bed quality, etc.)
 - D. Genetic factors
 - E. Psychological problems (such as negative emotions, cranky thinking, excessive excitement, etc.)
 - F. Physical discomfort (this question is based on question 4 A)
7. What impact does insomnia have on your life? _____
8. What do you think can prevent insomnia? (Choose 2 items)
 - A. Relax before going to bed, listen to music
 - B. Build a comfortable environment
 - C. Reasonable diet, exercise
 - D. Accompanied by pets
9. Are you afraid of insomnia? A. Yes B. No
10. Will you go to the hospital for an examination after you suffer from insomnia?
 - A. Yes, I will.
 - B. No, I won't.
11. What do you want to know about insomnia? (Choose 2 items)
 - A. What is insomnia
 - B. The causes and classification of insomnia
 - C. The treatment of insomnia
 - D. The prevention of insomnia

✎ Post-evaluation questions:

During post-evaluation, the audience showed their great learning efficiency and passion when answering these questions. Among the seven questions, six questions were correctly answered, attaining **an accuracy of 86%**. It indicates that this lesson has accomplished its 1st intended teaching objectives—acquiring insomnia knowledge.

Post-Evaluation Questions ↵

1. True/False question: Drugs are recommended for treating insomnia. (✘) ↵
2. True/False question: External environmental factors can also lead to insomnia, such as indoor temperature, light and noise but the impact is limited. (✘) ↵
3. True/False question: Ways to prevent insomnia include taking a hot bath or soaking your feet in warm water; drinking a glass of milk, tea or wine before going to bed; it is suggested we sleep for a long time during the day. (✘) ↵
4. Fill in the blank: The causes of insomnia in adolescents are: physiological factors, psychological ↵ factors, environmental factors and social factors. ↵
5. Fill in the blank: The common types of adolescent insomnia are learning-related ↵ insomnia, communicative insomnia, emotional insomnia, and growth and development. ↵
6. Fill in the blank: Psychotherapy for insomnia includes cognitive behavioral therapy and relaxation training ↵ ↵

↵

✎ Students' feedback

From the students written feedback, it is evident that **the audience were enthusiastic** about this topic and this lesson. They have acquired valuable information about insomnia, especially **the treatment and prevention methods** that they can easily apply in daily life. Therefore, this health education lesson on Youth Insomnia has not only successfully

strengthened students' awareness towards insomnia but also contributes to the cultivation of adolescents' healthy living lifestyle and attitude.

听完韩佳雯小组的讲课,我收获了很多有关失眠的有趣又有用的知识。首先,我知道了原来失眠如今已经成为了这么严重的问题,这是我之前有所不知的,没想到我这个从来不失眠的人也有失眠的风险,让我对他们接下来的课程有了更大的兴趣。其次,我了解到了许多有关失眠的原因,预防,分类等的相关实用知识,如我知道了原来睡前通过思想上的放松能对失眠产生这么大的影响。我也知道了如果真的失眠了该怎么办。这节课让我受益匪浅。

上官家伟

This lesson has helped me to acquire a lot of interesting and useful knowledge about insomnia. Firstly, I become aware of the fact that insomnia is becoming a serious problem day by day, and this is the fact I didn't know in the past. To my surprise, I know that even though I've never had insomnia before, I still have the risk of having insomnia. Secondly, I get to know the causes, prevention and the classifications of insomnia. For example, relaxing and meditating before sleep will help you get rid of insomnia. Finally, I also know how to treat insomnia if it really happens in daily life. This lesson benefits me a lot.

--Shangguan Jiawei

听课感想

丁之燕

听完了韩佳雯小组的讲课,第一,我对青少年失眠这种现象全新的认识,并对失眠群体做出了改观。第二,对自己小组的优缺点有了更全面的认识。在他们的课堂上,枯燥又乏味的知识与生动有趣的小组讨论,案例探究等方法相结合,竟然牢牢地吸引了我们全组的注意力。同时,这点也是我们小组需要虚心请教并学习的。

从中,有一页PPT设计得十分精巧:PPT中央是一张照片,旁边播放着舒缓动听钢琴曲,使我全身心放松下来。在“冥想放松”的过程中,我们了解到了治疗失眠的有效措施。

最后,希望他们能够继续努力,越改越棒!

After being one of the audiences in Youth Insomnia lesson, I have refreshed my understanding of this topic. In the class, serious academic knowledge was combined with interactive group discussion, which was quite engaging. The class ppt slides were exquisitely designed showing all the information clearly. Besides, I did enjoy the delightful and relaxing piano music for meditation.

--Ding Zhimiao

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