

4.2 Are you fatigued?

Aim: Create a health-alert brochure and give a group presentation

Preparation: You will need to supply paper, colored markers, scissors, and tape or glue. Make one copy of Worksheet 4.2 for every S.

Comment: Use at the end of Unit 4, Lesson B.

Think and Plan (10 minutes)

- Ss work in groups of four. Give each group four handouts, paper, colored markers, and access to scissors and tape or glue.
- Have Ss read the project objective and the questions under *Think*. Elicit Ss' responses to the questions. Then have Ss read the example brochure.
- Go over the questions under *Plan*. Make sure Ss understand the meaning of the following vocabulary:

Vocabulary

chronic snoring a condition in which a person repeatedly makes a sound while sleeping; a mild airway obstruction causes the sound as the person breathes

insomnia the condition of being unable to sleep

sleep apnea a condition in which a person repeatedly stops breathing when they are sleeping

- Have groups brainstorm ideas and decide on a topic for their health-alert brochure. Then have groups discuss what they will need for their brochure and presentation. Each group member chooses an area to research outside of class.

Put together and Present (30 minutes)

- At the next class, Ss bring in their research and any images for the brochures. Have groups share their research and assemble their brochures. Then have groups practice giving their presentations. Set an appropriate time limit.
- Have groups show their brochures to the class and give their presentations. Stop for questions after each presentation.
- Finally, ask the class to vote on the most helpful health-alert brochure and presentation. Encourage Ss to give reasons for their votes. Discuss other things that can be done about the problems described. Collect the brochures and create a class file.

Are you fatigued?

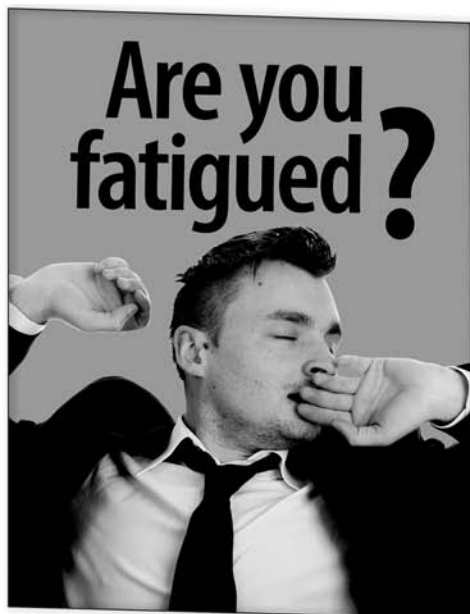
Worksheet 4.2

Objective

Create a health-alert brochure and present the information to others.

Think

Where can you find a health-alert brochure like this? What kind of information does it include?

 Are you fatigued?	What is it? Fatigue is a feeling of extreme tiredness caused by not getting enough sleep. How common is it? Millions suffer from chronic fatigue. It is especially common among night-shift workers. Dangers Fatigue affects concentration, decision making, and job performance. It leads to accidents and chronic health problems. Warning signs • Difficulty waking up without an alarm clock • Difficulty staying awake during meetings, while driving, or when watching TV	• Eyes going in and out of focus • Constant yawning • Falling asleep in less than 7 minutes after going to bed What to do • Increase sleep by one hour per night. • Allow 15 minutes after waking to become fully alert. • Take naps whenever you feel tired. • Eat high-protein foods and drink plenty of fluids as soon as you feel fatigued. • See your doctor if chronic fatigue lasts for more than two weeks.
---	---	---

Plan

1. In groups, choose one of the following topics or a related topic of your own. Then brainstorm ideas about the kinds of information you will need to create a health-alert brochure.
 - chronic snoring
 - insomnia
 - nightmares
 - sleep apnea
 - sleepwalking
2. Answer as many of the following questions as you can. Then assign each member of the group an area to research and present.
 - What is the disorder?
 - How common is it?
 - What are the dangers?
 - What are the warning signs?
 - What should be done about it?
3. Do research. Make copies of any necessary information and images.

Put together

1. Share your information and images with your group.
2. Arrange your information and images to create an attractive and well-organized brochure.

Present

1. Take turns presenting your brochure to the class. Ask and answer questions.
2. Which group has the most helpful health-alert brochure?
3. What other things can you do about the sleep problems described?