

91235R



Mana Tohu Mātauranga o Aotearoa  
New Zealand Qualifications Authority

## Level 2 Health 2025

### 91235 Analyse an adolescent health issue

Credits: Five

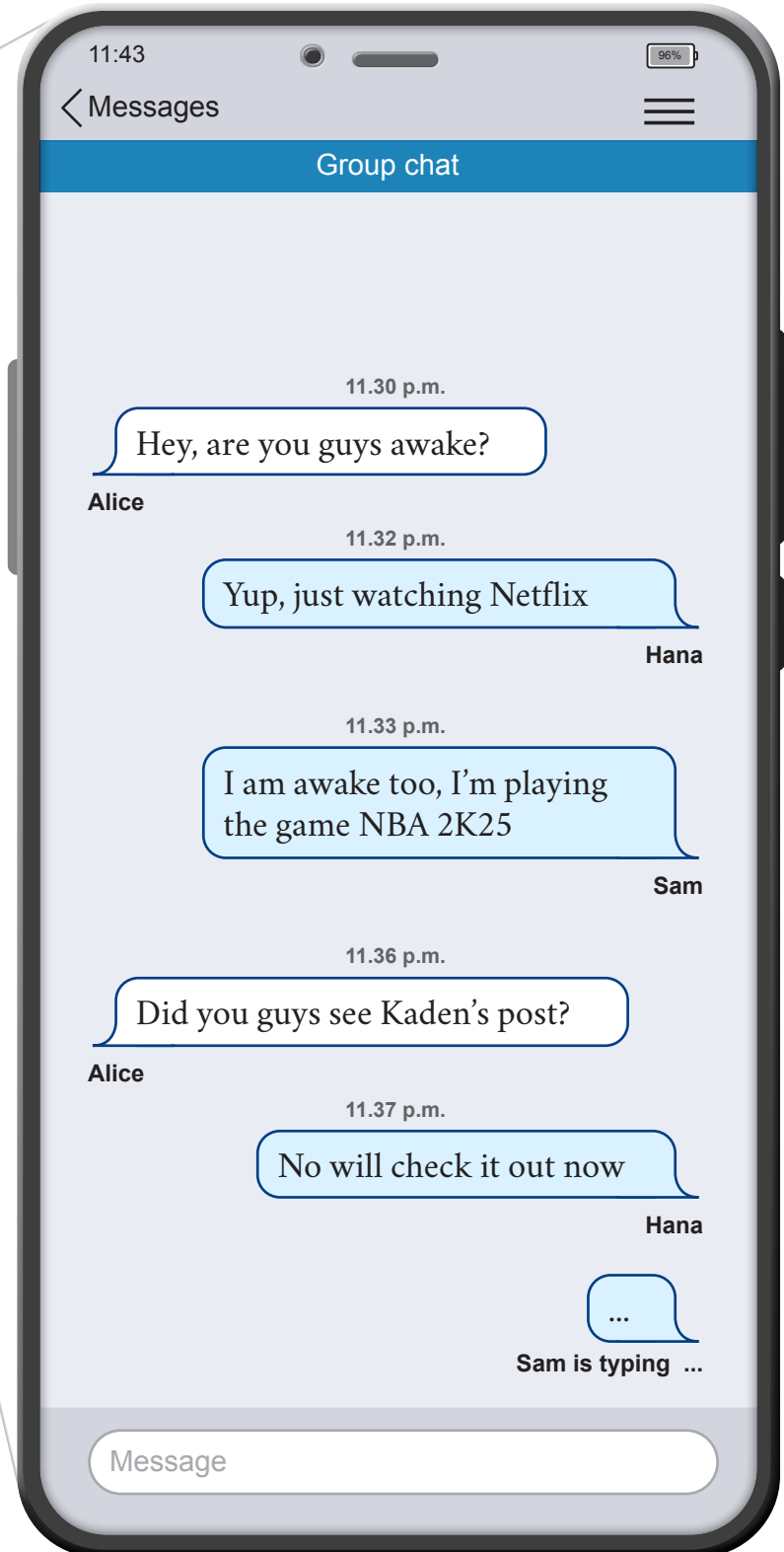
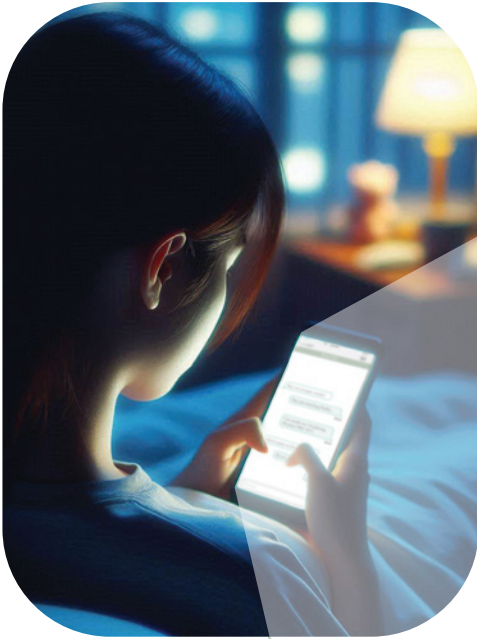
#### RESOURCE BOOKLET

Refer to this booklet to answer the questions for Health 91235.

Check that this booklet has pages 2–7 in the correct order and that none of these pages is blank.

**YOU MAY KEEP THIS BOOKLET AT THE END OF THE EXAMINATION.**

## RESOURCE A: Group chat



**RESOURCE B: Keep devices out of bed for better sleep – study**

Despite what we've been led to believe, the timing of evening screen time, rather than the



sessions at local schools, to continue educating parents, youth, and whānau on building healthier screen habits for better sleep and overall well-being.”

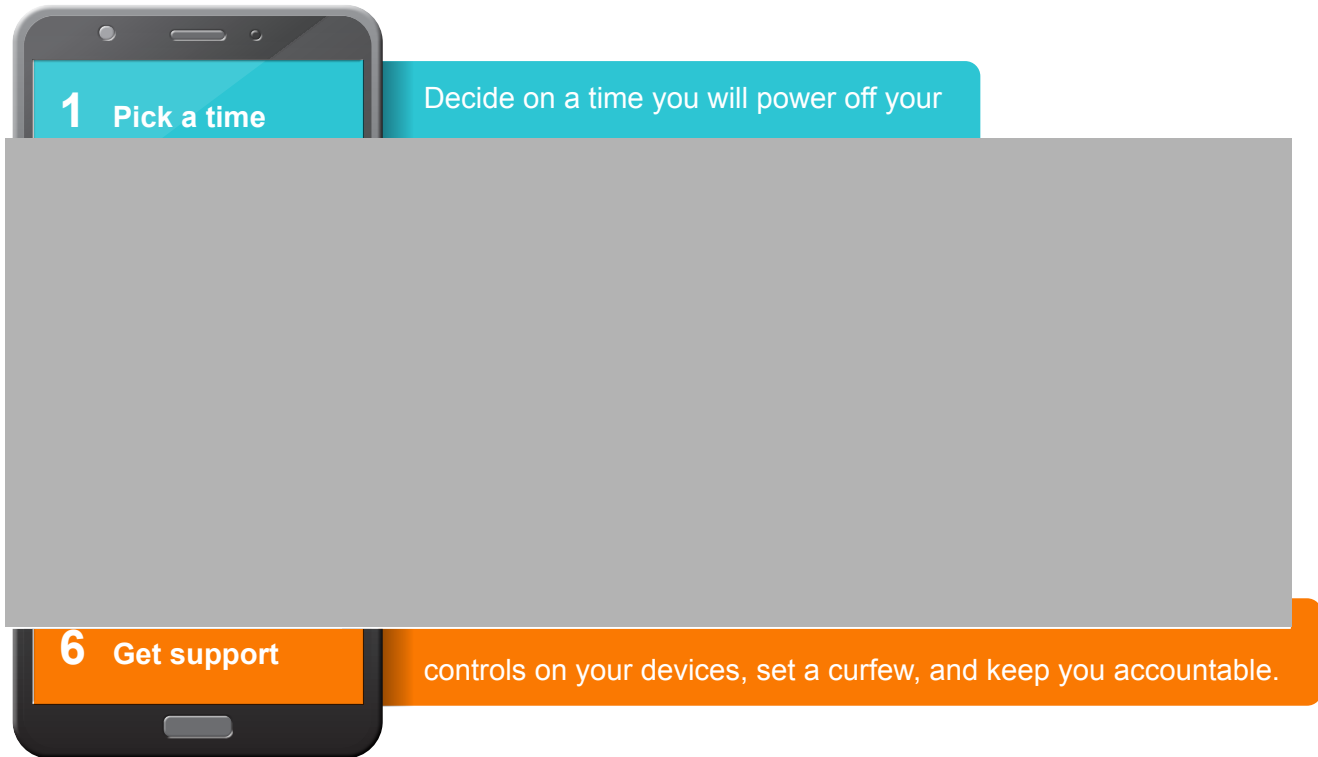
**RESOURCE C: Let them sleep in****Later school starts for senior students a 'no-brainer', researchers say**

Around half of New Zealand teens do not get



moving through time zones.

## RESOURCE D: Six steps to switching off your screens



## RESOURCE E: Tips to improve your sleep

### Work out

Exercise daily, but make sure to finish a few hours before bed so you have time to relax.

### Try a calming activity

Instead of using a screen before bed, try taking a warm bath, reading, listening to calming music, or stretching.

### Write in a sleep diary

A sleep diary can help you track your sleep habits and figure out what you need to do to sleep better.

### Watch the Better Sleep video series

The series talks about a variety of sleep topics and tips if you are struggling with your sleep.

### Make your bedroom a screen-free zone

Set your room up for sleep at night with no screens. Think about lighting, temperature, sound (white noise), blackout curtains, comfy bedding, a weighted blanket, a sleep mask, or essential oils.



## RESOURCE F: Learning about sleep

Mrs Dunn's class is engaging in a learning programme that looks at student sleep patterns and their screen time. The programme spans several sessions.

The class began the programme by establishing their prior knowledge about sleep behaviour and writing daily diary entries to record their sleeping patterns. They also gathered data about their screen time throughout the day.

By session four, the class were researching the sleep habits of their role models, including athletes and celebrities. They even studied sleep habits in the animal kingdom.

Here is what some of the students had to say:

“ Did you know you're 80 percent more likely to risk an injury while playing sport if you haven't slept? I heard the recovery time is way longer too! ”

“ My favourite athletes, Steph Curry and LeBron James, are getting eight to ten hours of sleep a night. They often have a two-hour nap during the day as well! ”

“ I have stopped using my phone late at night and am getting more sleep as a result. I've noticed my energy levels have improved. Mrs Dunn doesn't have to coach me through my science course anymore because I'm more focused. ”

“ I'm not getting as much sleep as I should. That might be why I'm struggling to concentrate in class. Maybe I'm not naturally lazy after all – it's just my sleep patterns ... ”



**Acknowledgements**

Material from the following sources has been adapted for use in this assessment:

**Resource A**

Image: created using generative AI

**Resource B**

<https://www.otago.ac.nz/news/newsroom/keep-devices-out-of-bed-for-better-sleep-study>

**Resource C**

<https://www.nzherald.co.nz/nz/let-them-sleep-in-later-school-starts-for-senior-students-a-no-brainer-researchers-say/BCX6L5NA5ZC5FL7RACR4JV2D6U/>

**Resource D**

<https://www.wechu.org/sites/default/files/Sleep%20and%20Screen%20Time%20for%20Teens%20Two-Page%20Infographic.pdf>

**Resource E**

Image: created using generative AI

**Resource F**

Image: created using generative AI