



KidsHealth.org/classroom

Teacher's Guide

This guide includes:

- Standards
- Related Links
- Discussion Questions
- Activities for Students
- Reproducible Materials

Standards

This guide correlates with the following National Health Education Standards:

Students will:

- Comprehend concepts related to health promotion and disease prevention to enhance health.
- Demonstrate the ability to access valid information and products and services to enhance health.
- Demonstrate the ability to use decision-making skills to enhance health.
- Demonstrate the ability to use goal-setting skills to enhance health.
- Demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

National Health Education Standards: www.cdc.gov/healthyschools/sher/standards/index.htm

Sleep gives the body a rest, but your students may not be getting enough to reap the benefits! The following discussion questions and activities will help your students learn the value of a good night's sleep and explore ways to remedy some common sleep problems.

Related KidsHealth Links

Articles for Kids:

What Sleep Is and Why All Kids Need It

KidsHealth.org/en/kids/not-tired.html

Why Do I Need Sleep?

KidsHealth.org/en/kids/sleep.html

What to Do if You Can't Sleep

KidsHealth.org/en/kids/cant-sleep.html

Articles for Teens:

How Much Sleep Do I Need?

TeensHealth.org/en/teens/how-much-sleep.html

Common Sleep Problems

TeensHealth.org/en/teens/sleep.html

5 Ideas for Better Sleep

TeensHealth.org/en/teens/tips-sleep.html

What Should I Do If I Can't Sleep?

TeensHealth.org/en/teens/sleepless.html

Technology: 5 Ways to Reboot Yourself

TeensHealth.org/en/teens/reboot.html

Does the Light From a Phone or Computer Make it Hard to Sleep?

TeensHealth.org/en/teens/blue-light.html

Discussion Questions

Note: The following questions are written in language appropriate for sharing with your students.

1. You're so busy with homework, after-school activities, and hanging out with friends that you might be tempted to cut back on some sleep so you can fit everything in. Do you think that's a good solution? Why or why not?
2. Have you ever had trouble falling asleep? Why? Brainstorm strategies to help yourself fall asleep when you're having trouble.



Activities for Students

Note: The following activities are written in language appropriate for sharing with your students.

Dear Sleepy

Objectives:

Students will:

- Learn more about various sleep problems
- Explore solutions to these problems

Materials:

- Computer with Internet access
- Pen and paper or computer word processing program
- “Dear Sleepy” handout

Class Time:

30 minutes

Activity:

A popular teen magazine has hired you to write an advice column titled “Dear Sleepy.” As Sleepy, you’ll receive letters from kids struggling with sleep problems and you’ll answer them, providing information and suggestions to help remedy their problems. Check out the “Dear Sleepy” handout, which provides four letters from readers about their sleep problems. Select one of the letters, and conduct some research on KidsHealth.org to find a solution. Then you’re ready to write your response to help Sleepy’s loyal readers get a peaceful night’s sleep!

Extension:

One sleep problem that many kids and teens share is not getting enough sleep. Take a poll of students in your school to find out more about sleep patterns. Analyze the data that you collect. How does your school’s average compare with the recommended amount of sleep for your age group? Are younger students or older students more likely to get more sleep? Girls or guys?



Sleep Cycle Illustrations

Objectives:

Students will:

- Learn more about the cycles of sleep
- Generate a graphic representation of the cycles of sleep

Materials:

- Computer with Internet access
- Large paper (easel paper, poster board)
- Art supplies (colored pencils, markers)

Class Time:

1 hour

Activity:

You know what happens when you sleep. You close your eyes and hours later you open them again, right? Well, a lot happens while you're snoozing away! You actually experience five different stages of sleep. To figure out what happens to your body in each of these stages, check out the articles at KidsHealth. Then using paper and art supplies, design an illustration that graphically represents what happens to you during those five stages.

Extension:

Have students fill out the "Sleep Log" handout for two weeks to see if they're getting enough sleep at night and feeling tired during the day.

Reproducible Materials

Handout: Dear Sleepy

KidsHealth.org/classroom/6to8/body/functions/sleep_handout1.pdf

Handout: Sleep Log

KidsHealth.org/classroom/6to8/body/functions/sleep_handout2.pdf

Quiz: Sleep

KidsHealth.org/classroom/6to8/body/functions/sleep_quiz.pdf

Answer Key: Sleep

KidsHealth.org/classroom/6to8/body/functions/sleep_quiz_answers.pdf



Name: _____

Date: _____

Dear Sleepy

Instructions: Select one of the letters below and conduct some research on KidsHealth. Then write your response, providing information and suggestions to help solve the reader's problem.

Dear Sleepy,

I had the weirdest dream last night! My teacher was in my living room eating nachos with my little brother while my dog was playing video games! Why do I have such strange dreams? And why can I remember this one so clearly?

*Yours truly,
Dreamer in Des Moines*

Dear Sleepy,

I hope you can help me! I've been having the same nightmare for a few weeks now. I wake up completely scared out of my mind, tangled up in my sheets, with my heart racing! What should I do, Sleepy? What's causing my nightmares, and how can I get rid of them?

*Sincerely,
Nightmares in Nashville*

Dear Sleepy,

I'm exhausted, so I hope you have some good advice for me. It's been taking me forever to fall asleep once I get in bed. I toss and turn for hours. Then by the time I fall asleep, I'm only sleeping for 2 or 3 hours before it's time for me to get up for school. What should I do to get a better night's sleep?

*Sincerely,
Yawning in Yakima*

Dear Sleepy,

Help! It's bad enough I have to share my room with my younger sister, but now she's waking me up in the middle of the night because she's sleepwalking! She gets up and walks around the room, saying things that make no sense. What's wrong with her? And what should I do to get a good night's sleep?

*Yours truly,
Sleepwalker's Sister in Salem*



Name:

Date:

Instructions: Complete this log for 2 weeks. If you're feeling tired during the day, see if you're getting the number of hours of sleep recommended for your age. Consider adjusting your sleep environment or habits if necessary. Make it a goal to reduce the number of days you feel tired by week 2.

DAY 1 **DAY 2** **DAY 3** **DAY 4** **DAY 5** **DAY 6** **DAY 7**

Sleep Log

Yesterday, I exercised for this many minutes:							
Yesterday, I: (check all that apply)							
Ate too much	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Didn't eat enough	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Had a drink with caffeine, like soda or tea	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Yesterday, I: (check one)							
Had lots of energy	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Was tired all day	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Felt sleepy in the afternoon	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Yesterday, I took a nap. (check one)							
True	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
False	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Last night, I went to bed at this time:							
Last night, I fell asleep at this time:							
Today, I woke up at this time:							
Last night, I slept for this many hours:							



Name:

Date:

Instructions: Complete this log for 2 weeks. If you're feeling tired during the day, see if you're getting the number of hours of sleep recommended for your age. Consider adjusting your sleep environment or habits if necessary. Make it a goal to reduce the number of days you feel tired by week 2.

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Last night, I went to bed at this time:							
Last night, I fell asleep at this time:							
Today, I woke up at this time:							
Last night, I slept for this many hours:							



Name: _____

Date: _____

Quiz

Instructions: Answer each question.

1. True or false: The number of hours of sleep needed each night is different for babies, kids, teens, and adults.
2. Underline choices that can help you get a good night's sleep:
 - a) Sticking to a regular bedtime
 - b) Exercising during the day (but not right before bedtime)
 - c) Worrying or being stressed out
 - d) Leaving a TV or cellphone on in the bedroom at night
 - e) Sleeping in a quiet, dark bedroom
 - f) Having a drink that contains caffeine
3. True or false: Students who don't get enough sleep each night can feel moody and find it difficult to concentrate during the day.
4. People _____ during the stage of sleep called R.E.M. sleep.
5. True or false: Only mammals need to sleep.



Quiz Answer Key

1. True or false: The number of hours of sleep needed each night is different for babies, kids, teens, and adults.
2. Underline choices that can help you get a good night's sleep:
 - a) Sticking to a regular bedtime
 - b) Exercising during the day (but not right before bedtime)
 - c) Worrying or being stressed out
 - d) Leaving a TV or cellphone on in the bedroom at night
 - e) Sleeping in a quiet, dark bedroom
 - f) Having a drink that contains caffeine
3. True or false: Students who don't get enough sleep each night can feel moody and find it difficult to concentrate during the day.
4. People _____ dream _____ during the stage of sleep called R.E.M. sleep.
5. True or false: Only mammals need to sleep.