

Sleep Education



<http://www.simplyhealthyatschools.com.au>

PHILIPS

Australian Centre
Education in Sleep





Hello, I'm Joey!





Topic 1A - Why Joey's **BODY** needs sleep

Joey thinks sleeping is a waste of time. But he is wrong!

Joey's body AND his brain need 10 to 12 hours of sleep each night to stay healthy, smart and happy.

Joey's BODY needs sleep to:

- rest (recharging the battery);
- grow (new cells are made, Joey grows at night!);
- heal (bruises and injuries); and
- stay well.

Topic 1 B - Why Joey's BRAIN needs sleep

Joey's BRAIN needs sleep to:

- store all the information he got during the day;
- remember things;
- do well in school and be attentive in class;
- be ready to learn things the next day; and
- feel good.



Go to this website and play the sleep dash game and see what happens to your attention if you don't get enough sleep: <http://www.bbc.co.uk/science/humanbody/sleep/sheep/>

Topic 1C - Why Joey needs sleep

Why do you think Joey needs to sleep?



Group activity and discussion.

Get the answers on why Joey needs sleep and allocate Joey points.

Write why Joey needs sleep on your group activity poster.

Topic 1 D - Why Joey needs sleep



The importance of a full nights sleep.

Now complete Assignment 1 and answer the questions about the importance of a full nights sleep.



Topic 2A - Trouble falling asleep

- Joey has problems falling asleep.
- What Joey does BEFORE bedtime that can stop him from sleeping. Joey likes to:
 - play video games in bed;
 - read comics in bed after the lights are out; and
 - go to bed at irregular hours and keep a bright light on in his bedroom.
- Joey sometimes gets scared and worried.



Discuss what stops Joey falling asleep.

Topic 2B - Trouble falling asleep

Sometimes things INSIDE the body can cause sleep problems too.
Find out some causes of sleep problems.



Who can give an example?

Go to this website and see some causes of sleep problems:

[http://my.clevelandclinic.org/childrens-hospital/health info/diseases-conditions/emotions-behaviors/hic-insomnia.aspx](http://my.clevelandclinic.org/childrens-hospital/health%20info/diseases-conditions/emotions-behaviors/hic-insomnia.aspx)



Group activity and discussion.

Topic 2C - Trouble falling asleep



Equipment: Pen and paper

Procedure:

- 1) Each participant draws a vertical line on the group activity poster.
- 2) On the left side of the line write down a list of what keeps you from falling asleep.
- 3) On the right side of the line write down what makes you fall asleep quickly.

Write why Joey has trouble falling asleep on your group activity poster.

Topic 2D - Trouble falling asleep

Investigate sleep problems



Go to this website to get some sleep tips:

<http://www.sleepforkids.org/html/tips.html>

Discuss what you found there.



Now complete Assignment 2 and answer the questions about trouble falling asleep.

Get the answers and allocate Joey points.



Topic 3A - Sleep hygiene

Good sleep hygiene helps us get to sleep.

- Washing your face and hands before bed.
- Clean fresh bed, no food or crumbs in the bed.
- A dark quiet bedroom with a small night light only.



Topic 3B - Sleep hygiene

Good sleep hygiene helps us get to sleep.

- Relaxing a little (no racing games before going to bed).
- No fizzy drinks or caffeinated drinks before sleeping.
- Going to bed at the same time each night.



Discuss sleep hygiene.



Topic 3C - Sleep hygiene



Go to this website and play the sleep card game about sleep hygiene:

<http://www.sleepforkids.org/html/cards.html>



Equipment: Pen and paper

Procedure:

- 1) Each participant draws a vertical line on the group activity poster.
- 2) On the left side of the line write down good sleep hygiene ideas.
- 3) On the right side of the line write down poor sleep hygiene ideas.

Write sleep hygiene information on your group activity poster.

Topic 3D - Sleep hygiene



Now complete Assignment 3 and answer the questions about sleep hygiene.
Get the answers on sleep hygiene and allocate Joey points.



Topic 4A - Before bed

- In the evening Joey has problems falling asleep.
- He is alert and not sleepy and does things which keeps him awake as he is worried and scared before bed. Joey needs to learn to relax.



Equipment: Pen and paper

Procedure:

- 1) Each participant draws a vertical line on the group activity poster.
- 2) On the left side of the line write down what keeps Joey awake.
- 3) On the right side of the line write down what puts Joey to sleep.

Write things that keep Joey awake on your group activity poster.

Topic 4B - Before bed

Let's talk about relaxation.

- Joey thinks a lot at bedtime.
- He makes plans for tomorrow.
- He needs to relax but finds it hard.



Have a group discussion about how Joey can relax.

Topic 4C – Before bed



Go to this website to learn about relaxation exercises you can do before bed, which will help prepare your brain and body for a good night's sleep:

<http://www.buzzle.com/articles/relaxation-exercises-for-children.html>



Write information about before bed relaxation exercises on your group activity poster.

Topic 4D - Before bed



Now complete Assignment 4 and answer the questions about how to fall asleep more easily.

Get the answers and allocate Joey points.



Topic 5A - Sleep stages

When Joey sleeps he goes through 5 stages of sleep:

- Stages 1 and 2 are light sleep;
- Stages 3 and 4 are deep sleep (almost no activity in his brain);
- Stage 5 is called the stage of REM-sleep.

REM means Rapid Eye Movement (Joey's eyes move rapidly, although they are still closed). This is a sign of brain activity and we store memories during Stage 5 – the brain is slowly waking up.

REM sleep is when we dream and sometimes have nightmares.

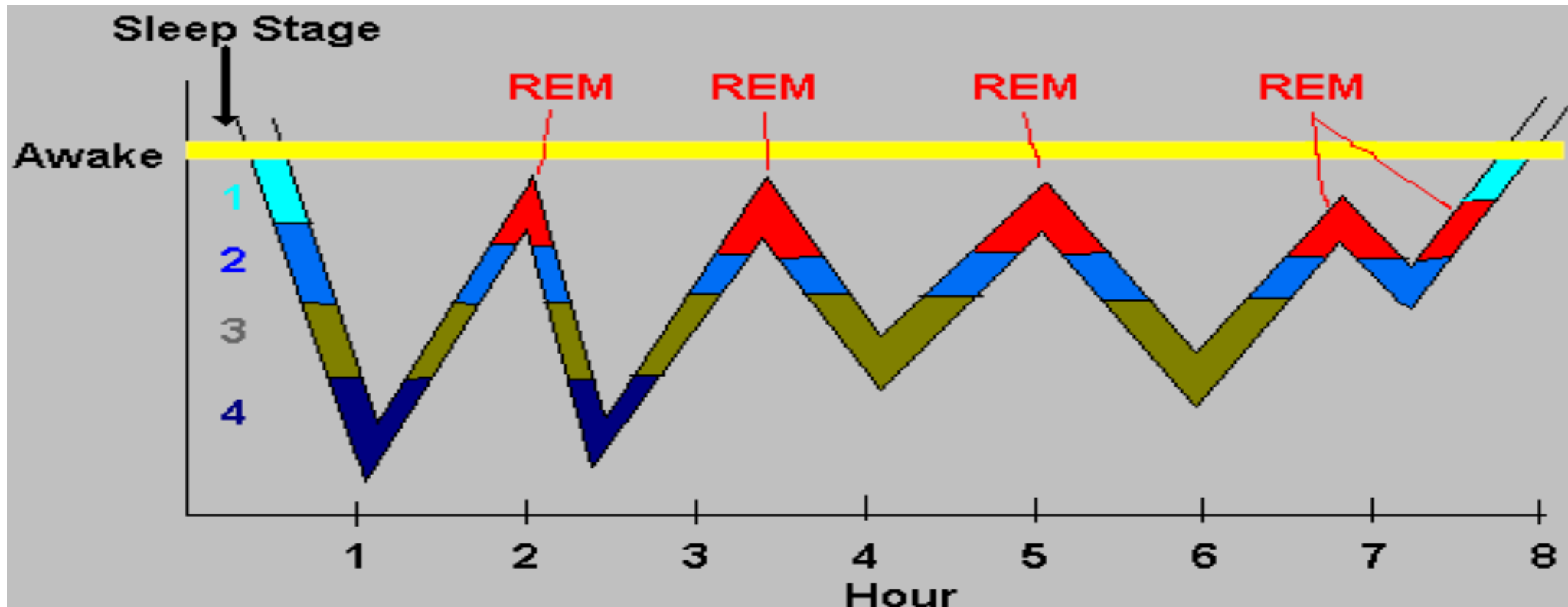
We often have a quick wake up after each REM cycle.



Go to this website to learn about nightmares: <http://www.sleepforkids.org/html/nightmares.html>

Topic 5B - Sleep stages

These are the stages of sleep your body goes through.



Topic 5C - Sleep stages



Go to this website to learn about more about sleep stages:

<http://faculty.washington.edu/chudler/sleep.html>

Can you find the little girl in REM sleep?

How do you know she is in REM sleep?

Write sleep stages information on your group activity poster.

Topic 5D - Sleep stages



Now complete Assignment 5 and answer questions about sleep stages.
Get the answers and allocate Joey points.

Topic 6A - Sleep and snoring

Joey's father snores REALLY, REALLY loudly!

His father's sleep is not very good because he snores.

Joey's mother wakes up several times at night to make Joey's father stop snoring.

Why does Joey's father snore?

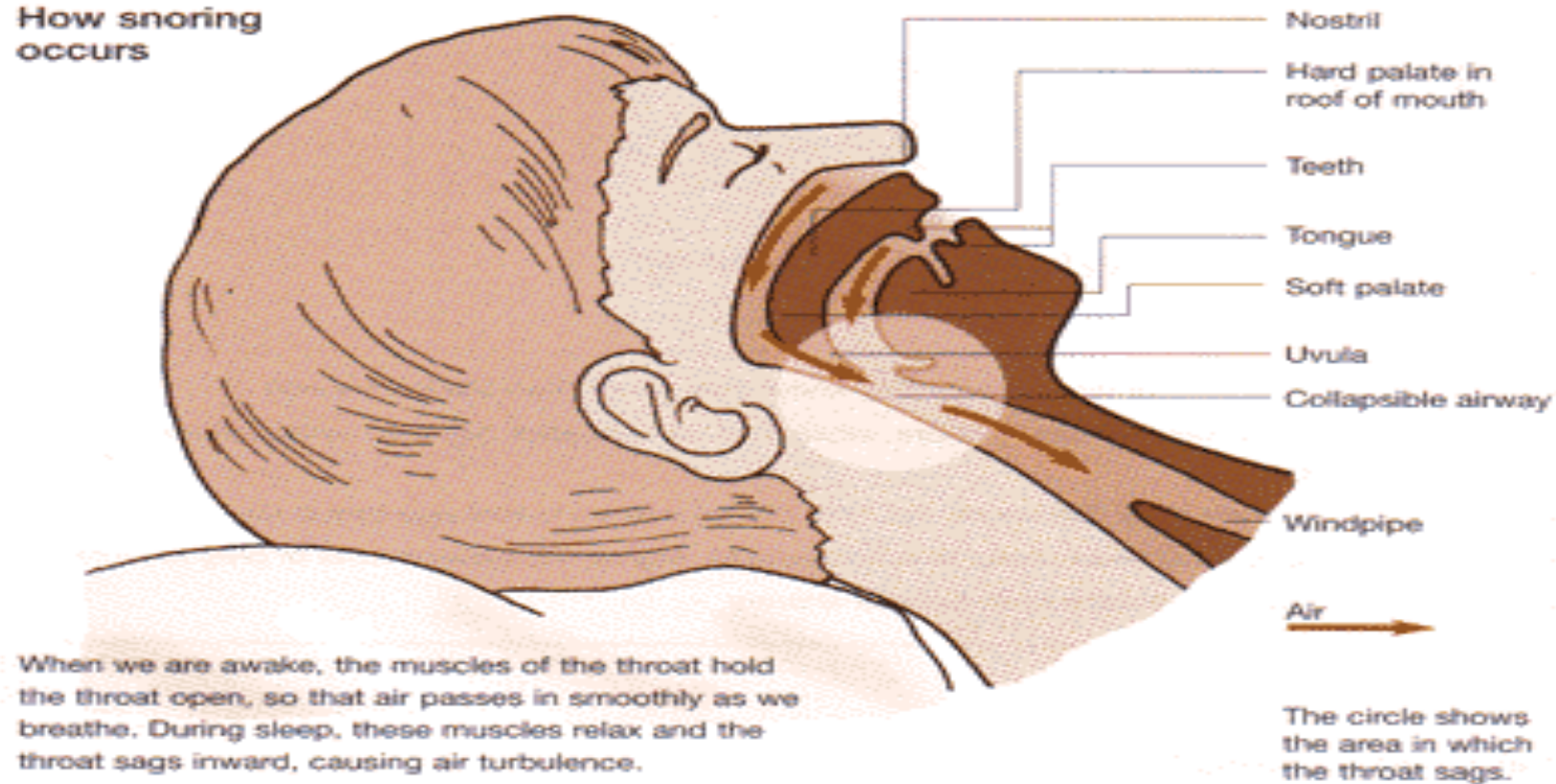


Go to this website and learn why Joey's father might snore:

<http://www.sleepforkids.org/html/george.html>

Topic 6B - Sleep and snoring

How snoring occurs



Topic 6C - Sleep and snoring

Do this snoring experiment.



Equipment: Clock, stopwatch and/or timer

Procedure:

- 1) 2 members of each group lie down on the floor with their eyes shut.
- 2) One of them snores.
- 3) One breathes normally.
- 4) The other group members watch them and 'wake' them up after the 2-minute experiment.

Write information about snoring on your group activity poster.

Topic 6D - Sleep and snoring



Now complete Assignment 6 and answer the questions about snoring.
Get the answers and allocate Joey points.

Topic 7A - How much sleep do you need?

Joey needs the power of sleep to stay healthy, smart and happy.

But he can only benefit from this power, if he sleeps long enough to pass all the five stages of sleep during the night.



Go to this website to find out how much sleep you need:

<http://www.sleepforkids.org/html/calcs.html>

Do you get the sleep you need?

Topic 7B - How much sleep do you need?



Equipment: Pen and paper or get a sleep diary at:

[http://www.sleepeducation.net.au/Docs/ACES%201%20week%20sleep%20diary%20\(junior%20school\).pdf](http://www.sleepeducation.net.au/Docs/ACES%201%20week%20sleep%20diary%20(junior%20school).pdf)

Procedure:

In your groups answer the below questions for every member in the group.

- What time did you go to bed last night?
- What time did you get up?
- How many hours did you sleep last night?
- How many hours of sleep do you think you need?
- Write your answers on your group activity posters.

Topic 7C - How much sleep do you need?



Group activity:

Find a way to organise and present the information about your group's sleep so that it is easy for other groups to read. It could be a:

- Table
- Graph
- Diagram

Topic 7D - How much sleep do you need?



Present your answers to the class.



Now complete Assignment 7 and answer the questions about how much sleep you need.
Get the answers and allocate Joey points.



Count up who has the most Joey Points!



Critical enquiry project

Doing a sleep project.

You will try and answer the question:

'How much sleep is enough?'

Use the information you have gathered in class from your group activity poster.

Each time you complete an assignment you add a section to your group activity poster.



Critical enquiry project

There are 7 topics, so your project can have 7 sections.

Sections:

- 1) Why Joey needs sleep?
- 2) Trouble falling asleep.
- 3) Sleep hygiene.
- 4) Sleep hygiene before bed.
- 5) Sleep stages.
- 6) Sleep and snoring.
- 7) How much sleep do you need?