

Sleep Awareness Tool Kit



Teacher Lesson Guide

Created by:

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World Sleep Day

In recognition of World Sleep Day (WSD), Dr. Gruber and her research team would like to provide school professionals with a tool kit that allows them to discuss the topic of sleep with their students. WSD is a day to celebrate sleep and call attention to all of the important issues related to sleep. There are more than 152 delegates around the world who help raise awareness about the importance of sleep. You too can take part in WSD by leading a discussion or activity with students on Friday March 17, 2017.

In this package you will find: 1) a short film, that offers a fun way to examine what inhibits and encourages sleep; 2) an example activity plan that you can use with students to discuss the film and the importance of sleep with sleep facts; 3) brochures that include additional information about sleep and how it impacts our lives.



Introduction:

This lesson guide is designed for educational professionals to have easily accessible materials to discuss sleep with their students. Our goal is to encourage discussions about sleep and how it impacts students' lives to help them make smart choices and live a healthy and happy life.

Many factors impact the quality of sleep a person gets each night. The choices people make in the evening and the priority given to sleep plays an important role in how well rested people are. Getting good quality rest at night in turn impacts students' academic outcomes, attention, behaviour, decision making and even their likelihood of injury.

Despite the importance of sleep in many areas relevant to child health, learning, and well-being, sleep is still not a social priority. In this kit you will find a video that can be used to trigger important conversations about the importance of sleep which will help increase awareness of the importance of sleep.

Sleep Activity

Objective: Introduce the significance of sleep and discuss what gets in the way of getting sleep.

Broad Learning Areas: Develop awareness of one's basic needs; develop awareness of the consequences for health and well-being of personal choices; to actively live a healthy lifestyle.

Activity: 1) Introduce the topic of sleep to students and lead a short discussion. Present the short video and follow up with discussion questions. 2) Test their knowledge of sleep with a card-sorting activity game. 3) Have them discuss their thoughts and creatively express themselves.

Duration: One (1), 1-hour lesson.

Materials needed

Facilitator:

Sleep Squad video: [Sleep Squad Movie](#)

Question and answer cards;

Computer and projector.

Students: scissors; pencils or pens ; colouring pencils (optional).

* We suggest printing out question and answer cards for groups of 2 or 3 and have students cut them out.



1. Introduce the topic of sleep it's importance in our lives.

2. Provide a short introduction to the *Sleep Squad* movie.


"We are going to watch a short movie. In this movie some kids are having troubles sleeping. They have to find a way to overcome the obstacles in their way. Let's find out what they are and if they overcome them!"

3. Lead a discussion about the movie:


- What were some of things that children were doing at night?
- Do you do any of these activities at night?
- Did the kids get enough sleep? Do any of these things stop you from getting enough sleep?
- What were some of activities they said to do or not do at night?
- What do you think are some other things they could do at night to get enough sleep?
- When you don't get enough sleep how does this affect you?
- If so, how? What are some things you could do differently?

4. Card Sorting Task


- I. Tell the students that they are being trained to help battle the issue of bad sleep and need to know some important sleep facts.
- II. Divide students into groups of 2 or 3.
- III. Each group is responsible for cutting out all of the Question and Answer Cards.
- IV. Students are given question cards and are asked to match them with the answer cards.
- V. Groups must work together to match each question with the correct answer. There are answer cards that do not get used. Some questions have more than one correct answer. Encourage questions and provide feedback.
- VI. Each child can then write down which sleep fact they found most interesting or surprising on a blank piece of paper. They can add why they felt this way.
- VII. Go over the answers (found on the following page of this document) with the whole class. Discuss how this relates to students' lives.
- VIII. Students can share what they found interesting with the whole class.
- IX. *Wrap up:* Students can decorate their paper and post it on the wall.



It is possible to sleep too much.




It is possible to not get enough sleep.




If you are 9 years old, how much of your life have you spend sleeping?



All blind people see images in their dreams.



Our brains shut down when we go to sleep.



Five minutes after waking up, what percentage of our dreams do we remember?

What fraction on average, of our lifetime do we spend sleeping?

Who dreams during their sleep?

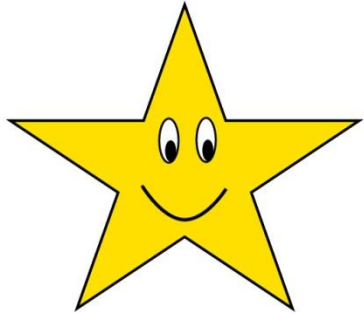
How many hours a night do we spend dreaming?

What helps our minds and bodies grow?

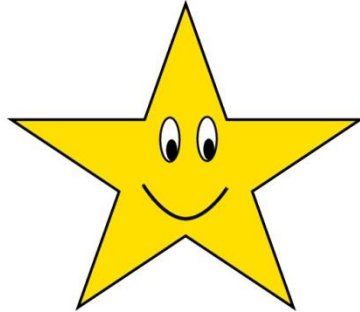
Ten minutes after waking up, what percentage of our dreams do we remember?



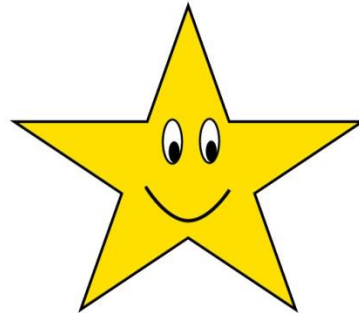
False



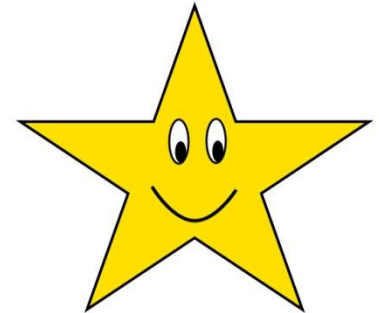
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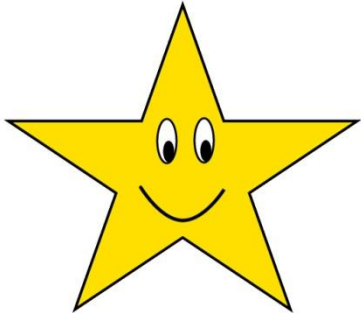
50%



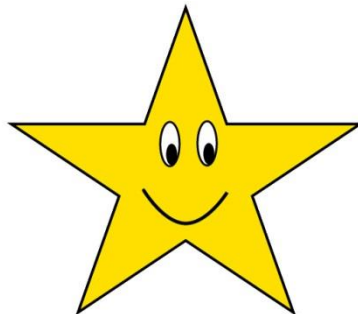
10%



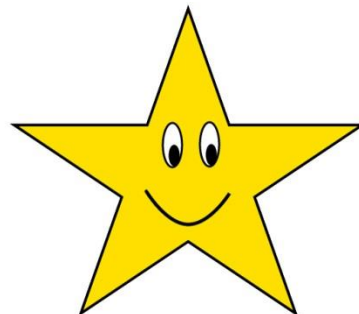
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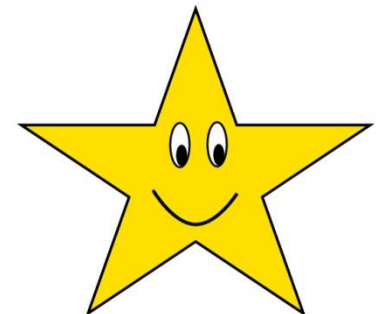
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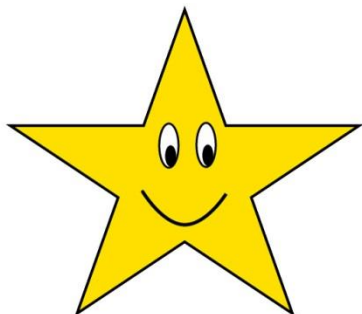
Three
years



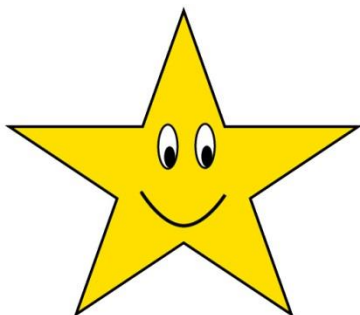
Food and
Water



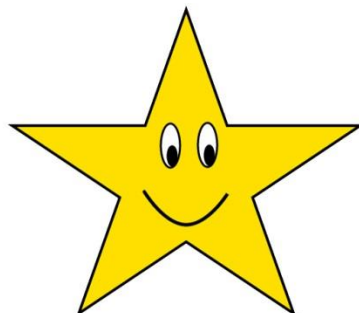
1/3



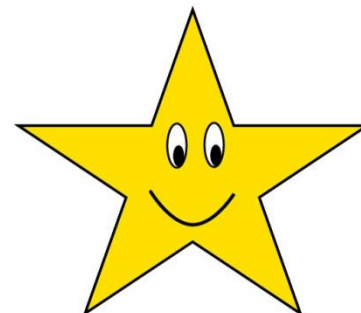
Everyone



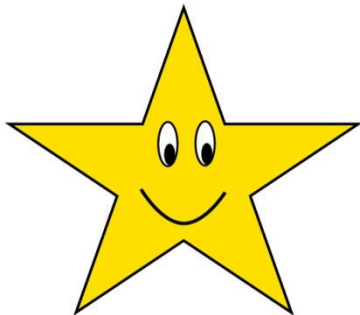
1 to 2
hours



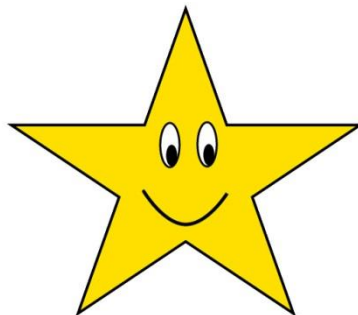
Sleep



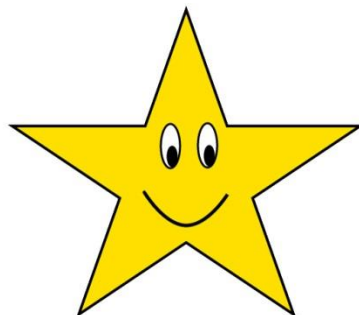
1 Year



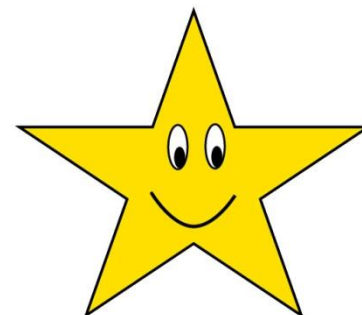
2 years



5 Years



7 hours

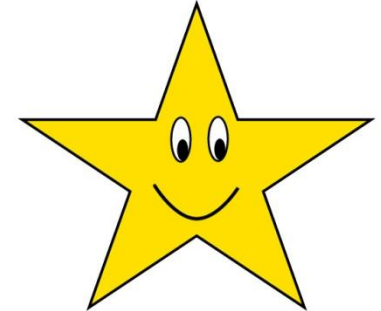
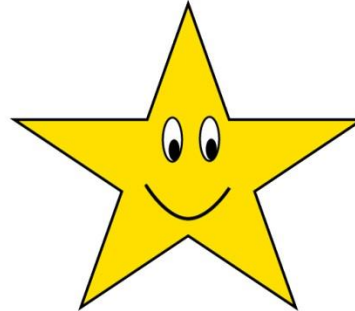
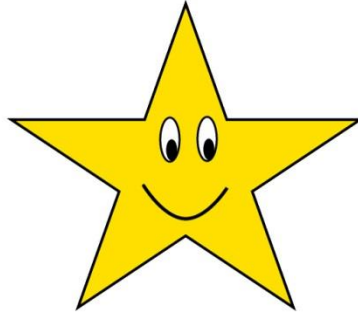
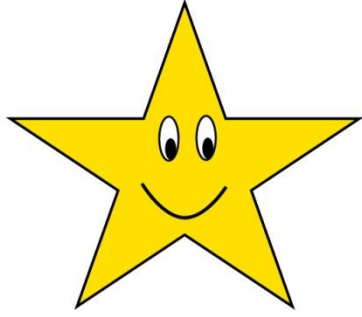


Only
Children

Only
Adults

1/2

Physical
Activity



Answers to Card-Sorting Activity:

Question Cards	Answer Cards
What fraction represents the amount of time on average a person spends sleeping in his or her life?	1/3
Who dreams during their sleep?	everyone
How many hours a night do we spend dreaming per night?	1-2 hours
What helps our bodies and minds to grow?	Sleep, Physical activity, Food and water
All blind people see images in their dreams.	False
Your brain shuts down when you go to sleep.	False
Bedroom temperature does not affect your sleep.	False
We require the same amount of sleep throughout our lives.	False
It is possible to sleep too much.	True
It is possible to not get enough sleep.	True
If you are 9 years old, how much of your life have you spent sleeping?	3 years
Extra answer cards (wrong answers):	1 year, 2 years, 5 years, 7 hours, Only children, Only Adults, 1/2



References

Gruber, R., Stadnyk, J., Kestler, M., Angelus, D., Bergmame, L., Enros, P., Fontil, L., Gillies-Poitras, E., Monette, C., & Somerville, G. (2012). Sleep Squad: The Movie. CES4Health.info, 2012.

Sleep Squad Video was produced by James Stadnyk's grade 4 class at Harold Napper School, In Brossard Quebec.

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