



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 use interpersonal communication skills to enhance health and avoid or reduce health risks.
- Demonstrate the ability to use decision-making skills to enhance health.
- Demonstrate the ability to advocate for personal, family, and community health.

National Health Education
Standards: [www.cdc.gov/
healthyschools/sher/
standards/index.htm](http://www.cdc.gov/healthyschools/sher/standards/index.htm)

Your eyelids are droopy, and you're starting to yawn. What's your body telling you? Sleep! The following activities will help your students understand the importance of sleep and discover some interesting things that can happen while they sleep.

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 to Sleep?

KidsHealth.org/en/kids/sleep.html

What to Do if You Can't Sleep

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

Sleepwalking

KidsHealth.org/en/kids/sleepwalking.html

Why Does My Body Jerk Before I Fall Asleep?

KidsHealth.org/en/kids/jerk.html

Nightmares

KidsHealth.org/en/kids/nightmares.html

Snoring

KidsHealth.org/en/kids/snoring.html

Discussion Questions

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

1. Why is getting enough sleep every night so important for a healthy mind and body?
2. What happens if kids don't get enough sleep? How could getting enough sleep help you do well in school?
3. What are dreams and nightmares? What do you think causes them?
4. What tips would you offer to a friend who's having trouble getting a good night's sleep?



Activities for Students

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

My Sleep Log

Objectives:

Students will:

- Create a log to record their nightly sleep
- Analyze their sleep patterns
- Create a plan to improve sleep patterns if needed

Materials:

- “Sleep Log” handout
- Pencil
- Clock

Class Time:

30 minutes

Activity:

Most kids need about 10 to 11 hours of sleep each night. Are you getting enough? Do you have healthy sleep habits? Create a sleep log to record information on how you sleep each night. Make sure you record what time you go to sleep, the number of hours you sleep, if you remember any dreams you had, and how you feel when you wake up in the morning. Continue recording this information at home for 1 week. Look at your log and determine if you got enough sleep for the week. If not, what kept you from getting enough sleep? Create a plan to make sure you are getting a good night’s sleep.

Extensions:

1. Describe and illustrate different dreams you’ve had. Add these descriptions and drawings to your sleep log.
2. Continue recording the amount of sleep you get each night in your log for an entire month. Create a graph to show your data.



Healthy Sleep Habits

Objective:

Students will:

- Determine behaviors that encourage healthy sleep habits

Materials:

- “Goodnight, Mia” handout
- Pencil

Class Time:

20 minutes

Activity:

Having a good bedtime routine can help a person get enough sleep. Help Mia decide what things will help her get a good night’s sleep and what things she should not do before going to bed.

Extensions:

1. Write a creative story about a girl or boy who could not sleep. What are some things that happened as a result? What are some things your character could do to solve his or her problem?
2. What do you think is a good bedtime for kids your age? Write a persuasive letter to your parents explaining your point of view.

Reproducible Materials

Handout: Sleep Log

KidsHealth.org/classroom/3to5/body/functions/sleep_handout1.pdf

Handout: Goodnight, Mia

KidsHealth.org/classroom/3to5/body/functions/sleep_handout2.pdf

Quiz: Sleep

KidsHealth.org/classroom/3to5/body/functions/sleep_quiz.pdf

Answer Key: Sleep

KidsHealth.org/classroom/3to5/body/functions/sleep_quiz_answers.pdf

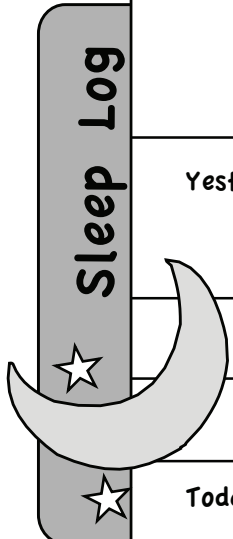


Name:

Date:

Instructions: Fill out this log for 1 week. Then, look at the day or days when you didn't get enough sleep or felt tired during the day. What could you do to get a better night's rest every night?

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



Goodnight, Mia

Instructions: Help Mia decide which things are healthy sleep habits and which aren't. Circle the healthy sleep habits and put an X next to things that Mia should not do.

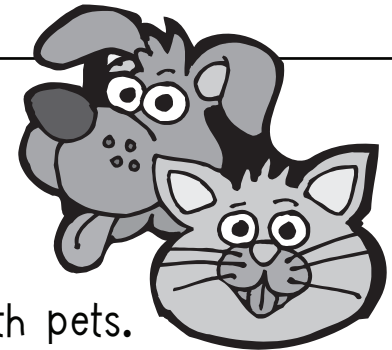
Drink a soda before going to bed.



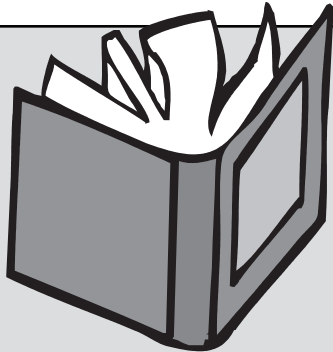
Sleep in a dark room.



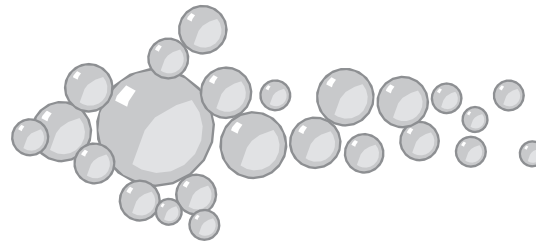
Sleep with pets.



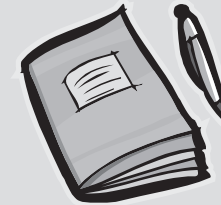
Read a book before going to sleep.



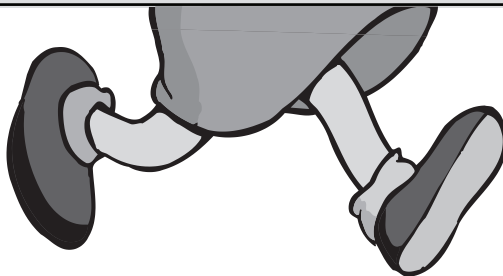
Take a bath before bedtime.



Write in a journal to clear her mind before going to sleep.



Go for a walk before bedtime.



Watch a scary movie.



Go to bed at the same time each night.





Name: _____

Date: _____

Quiz

Instructions: Answer each question.

1. True or false: Schoolwork can be harder for students who don't get enough sleep each night.
2. The R.E.M. stage of sleep is when people dream. You can tell if someone is in this sleep stage by looking at their closed eyelids. R.E.M. stands for _____.
3. Kids who are between 5 and 12 years old need to sleep this long to feel refreshed and ready to learn the next day:
 - a) 7 to 8 hours
 - b) 8 to 9 hours
 - c) 9 to 10 hours
 - d) 10 to 11 hours
4. True or false: A dark, quiet bedroom at a comfortable temperature can make it difficult to fall asleep.
5. If you can't sleep because you're worried, scared, stressed out, or having problems with something, it can help to talk with _____.



Answer Key

1. True or false: Schoolwork can be harder for students who don't get enough sleep each night.
2. The R.E.M. stage of sleep is when people dream. You can tell if someone is in this sleep stage by looking at their closed eyelids. R.E.M. stands for rapid eye movement.
3. Kids who are between 5 and 12 years old need to sleep this long to feel refreshed and ready to learn the next day:
 - a) 7 to 8 hours
 - b) 8 to 9 hours
 - c) 9 to 10 hours
 - d) 10 to 11 hours
4. True or false: A dark, quiet bedroom at a comfortable temperature can make it difficult to fall asleep.
5. If you can't sleep because you're worried, scared, stressed out, or having problems with something, it can help to talk with (any of the following: an adult, a parent, a teacher, a counselor, a psychologist).