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
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?

<table>
<thead>
<tr>
<th>DAY</th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
<th>6</th>
<th>7</th>
</tr>
</thead>
</table>

**Yesterday, I exercised for this many minutes:**

<table>
<thead>
<tr>
<th>DAY</th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
<th>6</th>
<th>7</th>
</tr>
</thead>
</table>

**Yesterday, I: (check all that apply)**

- Ate too much  ○ ○ ○ ○ ○ ○ ○
- Didn’t eat enough  ○ ○ ○ ○ ○ ○ ○
- Had a drink with caffeine, like soda or tea  ○ ○ ○ ○ ○ ○ ○

**Yesterday, I: (check one)**

- Had lots of energy  ○ ○ ○ ○ ○ ○ ○
- Was tired all day  ○ ○ ○ ○ ○ ○ ○
- Felt sleepy in the afternoon  ○ ○ ○ ○ ○ ○ ○

**Yesterday, I took a nap. (check one)**

- True  ○ ○ ○ ○ ○ ○ ○
- False  ○ ○ ○ ○ ○ ○ ○

**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:**
<table>
<thead>
<tr>
<th>Healthy Sleep Habit</th>
<th>Unhealthy Sleep Habit</th>
</tr>
</thead>
<tbody>
<tr>
<td>Drink a soda before going to bed.</td>
<td>Sleep in a dark room.</td>
</tr>
<tr>
<td>Read a book before going to bed.</td>
<td>Sleep with pets.</td>
</tr>
<tr>
<td>Take a bath before bedtime.</td>
<td>Write in a journal to clear her mind before going to sleep.</td>
</tr>
<tr>
<td>Go for a walk before bedtime.</td>
<td>Watch a scary movie.</td>
</tr>
<tr>
<td>Go to bed at the same time each night.</td>
<td></td>
</tr>
</tbody>
</table>

**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.
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
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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).