



[KidsHealth.org/classroom](http://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.

Your state's school health policies:  
[nasbe.org/HealthySchools/States/State\\_Policy.asp](http://nasbe.org/HealthySchools/States/State_Policy.asp)

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/kid/stay\\_healthy/body/not\\_tired.html](http://KidsHealth.org/kid/stay_healthy/body/not_tired.html)

#### Why Do I Need Sleep?

[KidsHealth.org/kid/talk/qa/sleep.html](http://KidsHealth.org/kid/talk/qa/sleep.html)

#### What to Do if You Can't Sleep

[KidsHealth.org/kid/stay\\_healthy/body/cant\\_sleep.html](http://KidsHealth.org/kid/stay_healthy/body/cant_sleep.html)

#### Sleepwalking

[KidsHealth.org/kid/stay\\_healthy/body/sleepwalking.html](http://KidsHealth.org/kid/stay_healthy/body/sleepwalking.html)

#### Nightmares

[KidsHealth.org/kid/feeling/emotion/nightmares.html](http://KidsHealth.org/kid/feeling/emotion/nightmares.html)

#### Time for Bed? (Game)

[KidsHealth.org/kid/stay\\_healthy/body/bed\\_game.html](http://KidsHealth.org/kid/stay_healthy/body/bed_game.html)

### Articles for Teens:

#### How Much Sleep Do I Need?

[KidsHealth.org/teen/your\\_body/take\\_care/how\\_much\\_sleep.html](http://KidsHealth.org/teen/your_body/take_care/how_much_sleep.html)

#### Common Sleep Problems

[KidsHealth.org/teen/your\\_body/take\\_care/sleep.html](http://KidsHealth.org/teen/your_body/take_care/sleep.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.
3. There's evidence that getting enough sleep helps people solve problems more creatively. Why do you think this is?



## Activities for Students

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

### Advice for Sleep

#### 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 (available at: [KidsHealth.org/classroom/6to8/body/functions/sleep\\_handout1.pdf](http://KidsHealth.org/classroom/6to8/body/functions/sleep_handout1.pdf))

#### 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 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:

1. One sleep problem that many 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? Make predictions as to why you got the results you did.



## 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, crayons)

### Class Time:

1 hour

### Activity:

You know what happens when you sleep. You close your eyes and then about 9 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:

1. While you're cycling through the stages of sleep, your body is taking a mini vacation! Write a thank-you letter from the point of view of your body, explaining why it's grateful that you get enough sleep.

## Reproducible Materials

**Handout: Dear Sleepy**

[KidsHealth.org/classroom/6to8/body/functions/sleep\\_handout1.pdf](http://KidsHealth.org/classroom/6to8/body/functions/sleep_handout1.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 and 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 Yellowstone

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