

SLEEP SMART

TARGET AUDIENCE

Students in grades 3-5 and their families

PROGRAM COMPONENTS

Available at [ymiclassroom.com/sleep](https://www.ymiclassroom.com/sleep):

- This two-page teacher's guide
- Three reproducible student activity sheets
- Additional resources including standards alignment
- A feedback form for your comments

ACTIVITY 1

SLEEP SMARTS!

Grab students' attention by doing jumping jacks or lifting hand weights. When students ask what you are doing, tell them you are improving your health. Then ask them to brainstorm other ways to stay healthy. After they have shared a few ideas, point out that getting enough quality sleep is also important for physical and mental health. But how much do students really know about the importance of sleep?

Tell students that today, they are going to learn about the mental and physical health benefits of getting enough good sleep each night. Pass out the activity sheet, and have them take the quiz in Part 1. When they have finished, review the answers. Were students surprised by some of them? Why or why not?

For Part 2, ask students to choose an interesting "sleep smarts" fact from the quiz, and use it to create a mini poster, public service announcement, or sleep smarts slogan on the back of the sheet or on a separate piece of paper. Display the art on a bulletin board or in a digital slideshow. Encourage students to take home and share the quiz with their parents/caregivers to test their knowledge as well.

Answers: Part 1: 1. d; 2. d; 3. a; 4. d; 5 d.
Part 2: Answers will vary.

ACTIVITY 2

GET READY, GET SET, SLEEP!

Ask the students to raise their hands if they go to sleep by 8pm, 9pm, or 10pm. Record the answers on a whiteboard or track them another way. Then ask the students to share what they do directly before bed. Do they play video games? Read a book? Watch TV? Eat junk food? Record the answers, and then ask students to share one more bit of information: What time do they wake up? Then have them figure out how much sleep they get each night. Record the answers.

Discuss the data you have recorded. On average, do your students think they are getting enough sleep? Which "before bedtime" activities do they think are healthy, and which might prevent them from getting a good night's sleep?

Dear Educator,

Never have teachers worked harder to keep students safe, healthy, and learning. But there's one easy way all students can improve their physical and mental health — by getting a good night's sleep! With this program, you can help them do that.

Most students know that it's important to eat nutritious foods and exercise on a regular basis for optimal health. They may not realize, however, that it is just as important to get enough quality sleep.

This free program from the American Academy of Sleep Medicine — a professional society for the medical subspecialty of sleep medicine — and the curriculum experts at Young Minds Inspired includes three engaging, standards-based activities that will teach your students in grades 3-5 about the numerous physical and mental benefits of proper sleep. The activities include tips for establishing good sleep habits and ideas to extend the learning by involving family members as well. All the activities can be adapted to an in-school or remote learning environment.

Be sure to share this program with your colleagues, and please let us know your opinion of these learning materials by visiting [ymiclassroom.com/sleep](https://www.ymiclassroom.com/sleep). We depend on your feedback to continue providing free educational programs that make a real difference in students' lives.

Sincerely,



Dr. Dominic Kinsley
Editor in Chief
Young Minds Inspired



Questions? Contact YMI toll-free at 1-800-859-8005 or by email at feedback@ymiclassroom.com.



Explain to students that it's important to practice healthy sleep habits, which are things that they can do to help get a good night's sleep! Pass out the activity sheet. In Part 1, have students unscramble and rewrite the sentences to discover healthy sleep habits they can use. Review the answers, sharing the information below. In Part 2, ask the students to think about their own sleep habits by answering the questions. When students are finished, invite them to share the things they might do to ensure they get a good night's sleep.

Answers: Part 1:

1. *Your bed is the best place to sleep.* – When you are at home, it's best to sleep in your own bed. In fact, only use your bed for sleep. Avoid eating or playing in bed.
2. *Dimming the household lights in the evening can help you sleep better.* – Dim the lights at night to create a restful place. This helps your body prepare for sleeping. Avoid eating large meals or snacks in the evening, and avoid taking a nap on a regular basis in the late afternoon or evening. Both things can wake up your body!
3. *Make sure your bedroom is at a comfortable temperature.* – If it's too warm or too cold, you can be uncomfortable, and you won't get a good night's sleep. Electronics can also disrupt your sleep cycle, as well as bright lights, so avoid those as well.
4. *Relax before bed with a warm bath or shower.* – A warm, soothing bath or shower can relax you and help you fall asleep faster. Other soothing activities, such as reading or listening to relaxing music, can also help you fall asleep. Watching videos or playing games online can prevent you from relaxing enough to fall asleep. Turn off electronics at least 30 minutes before bedtime to get your best rest!

5. *Go to bed at about the same time every day.* – Going to bed at the same time every day will help your mind and body get used to a healthy sleep routine and will help ensure that you get enough hours of sleep.

Part 2: Answers will vary.

ACTIVITY 3 **DO THE (SLEEP) MATH**

Start this activity with a game. Call out two different animals, and ask the students to guess which one gets the most sleep, and respond by making a specific movement. For example: elephant and tiger. Say to the students, "If you think the elephant gets more sleep, wave your arm like an elephant's trunk. For tiger, make claws with your fingers." Use the infographic on the activity sheet as your guide, but do not show it to the students.

Then pass out the activity sheet. Read the directions to Part 1 and 2, and have students answer the questions. This can be done individually or in small groups. Invite students to share which animal's sleep hours surprised them the most, and why. Students can use the infographic to write their own word problems.

Answers: Part 1: Answers will vary.

Part 2: 1. cat; 2. brown bat; 3. 34 hours; 4. $\frac{1}{4}$.

RESOURCES

American Academy of Sleep Medicine:
sleepeducation.org
Ymiclassroom.com/sleep

AASIM American Academy of
SLEEP MEDICINE™
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SLEEP SMARTS!

Part 1. Show off your sleep smarts! Take this quiz to find out what you know about getting a good night's sleep.

- Healthy sleep is important for good physical health because...
 - it can help you fight off infections.
 - it can help you maintain a healthy weight.
 - it can help you avoid some diseases, such as heart disease.
 - All of the above
- Healthy sleep is good for the mind because...
 - it helps to balance your emotions.
 - it helps to improve your memory and focus.
 - it helps to keep you alert so you can react quickly.
 - All of the above
- Most children ages 6 to 12 need ____ hours of sleep each night.
 - 9 to 12
 - 6 to 7
 - 7 to 8
 - 8 to 9
- Too little sleep may...
 - make you feel sleepy.
 - make you cranky.
 - make you feel clumsy.
 - All of the above
- Your brain is busy when you sleep! Scientists think that while you're sleeping, your brain...
 - sorts and stores information.
 - solves problems.
 - gets rid of waste.
 - All of the above

Part 2. Choose one of the "sleep smarts" facts from the quiz to share with others. Create a mini poster, public service announcement, or sleep smarts slogan on the back of this sheet.



Message to Families: You know it's important to eat nutritious foods and exercise on a regular basis, but did you know that healthy sleep is important for your mind and body as well? Make sure you and your family are all getting a good night's sleep — every night! Go to [sleepeducation.org](https://www.sleepeducation.org) to find out more.

GET READY, GET SET, SLEEP!

Part 1. Unscramble the sentences and rewrite them to discover ways to help your mind and body stay healthy and get a good night's sleep!

1. bed the is your sleep best place to

2. dimming better lights the household evening in sleep the can help you

3. make temperature sure bedroom is at a your comfortable

4. before relax warm bed with shower a bath or

5. every go about to bed time same at the day

Part 2. Think about your own bedtime routine and sleep habits. What do you do before you go to bed? How many hours of sleep do you get each night? How can you help yourself get a better night's sleep? Write a paragraph about things you can change about your bedtime routine and sleep habits that will help improve your sleep health!



Message to Families: Establish a bedtime routine that includes dim lights, relaxing music, a warm bath or shower, or other cozy habits to make sure everyone in your family enjoys a healthy good night's sleep. Go to sleepeducation.org to find out more.

DO THE (SLEEP) MATH

Part 1. Healthy sleep is important for mental and physical growth. Are you getting enough sleep? On average, 6- to 12-year-old kids need between 9 and 12 hours of sleep each night.

1. What time do you usually go to bed on a school night? _____
2. What time do you usually get up on a school day? _____
3. How much sleep are you getting on school nights? _____
4. Are you getting between 9 and 12 hours of sleep each night?
If not, what time should you go to bed to get a good night's sleep? _____

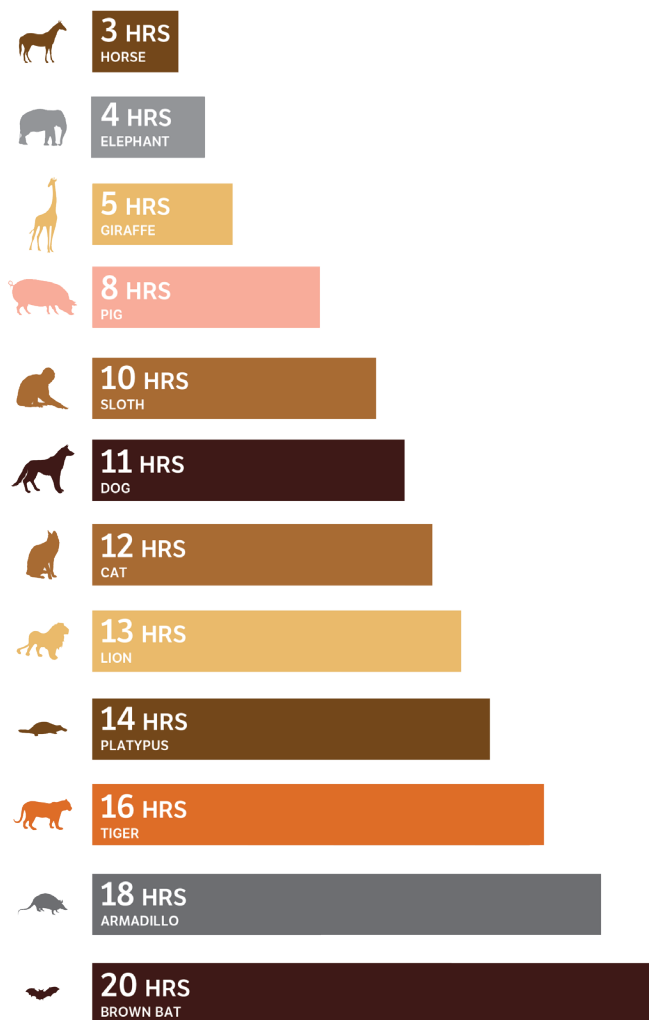
Part 2. How do your sleep habits compare to those of different animals? Use the infographic to answer the questions below.

1. Which animal gets four times as much sleep as a horse?

2. If you get 10 hours of sleep per night, which animal gets double the amount of sleep you get?

3. Old MacDonald had a farm. If a horse, pig, dog, and cat lived on the farm, what is the total number of hours of sleep they would get altogether each night?

4. The forests of Sumatra are the only place in the world where you can find elephants and tigers (along with rhinos and orangutans) living together, but they have very different sleep habits. What fraction of time does an elephant sleep compared to a tiger?



Message to Families: Is your family getting enough sleep? The CDC and the AASM recommend 6- to 12-year-olds get between 9 and 12 hours of sleep each night for optimal health. One way to do that is to go to bed around the same time every night. And don't forget to turn off those electronics at least 30 minutes before you turn in.

Go to [sleepeducation.org](https://www.sleepeducation.org) to find out more.

THE REAL SCOOP ON SLEEP

Supplement
to Sleep
Smart

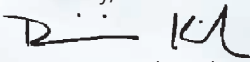
Dear Educator,

This free program from the American Academy of Sleep Medicine — a professional society for the medical subspecialty of sleep medicine — and the curriculum specialists at Young Minds Inspired uses real-world examples to show students how important sleep is to physical and mental health. The activity can be used as a stand-alone lesson, or as a supplement to the **Sleep Smart** program.

Share this program with other teachers and families.

Tell us: Comment online by visiting [ymiclassroom.com/feedback-sleepsmart](https://www.ymiclassroom.com/feedback-sleepsmart) to let us know your thoughts on this program. We look forward to receiving your feedback.

Sincerely,



Dominic Kinsley, PhD
Editor in Chief
Young Minds Inspired



Questions? Contact YMI toll-free at 1-800-859-8005 or by email at feedback@ymiclassroom.com.

TARGET AUDIENCE

Grades 3-5

PROGRAM COMPONENTS

Available at [ymiclassroom.com/sleepsmart](https://www.ymiclassroom.com/sleepsmart):

- This teacher's guide
- A reproducible student activity sheet
- A standards alignment chart
- Additional Sleep Smart activities

CONCEPTS AND SKILLS

The link between sleep and physical and mental well-being	Reading narrative text
Healthy sleep habits	Identifying important details in a story
Ways to improve sleep routines	Writing explanatory text

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SLEEP MEDICINE

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HOW TO USE THIS PROGRAM

Download, copy, and distribute the activity sheet. Visit [ymiclassroom.com/sleepsmart](https://www.ymiclassroom.com/sleepsmart) for additional information and activities.

Activity

THE REAL SCOOP ON SLEEP

In this activity, students will evaluate the effects of sleep habits.

To start, ask students to name some healthy habits they know or practice in their lives. As you talk, yawn, stretch, shake your head, lose your train of thought, and generally act distracted and sleepy. Explain that you are role-playing someone who did not get enough sleep last night, and their body and mind are struggling because of it. Ask them if getting sleep is a healthy habit.

Tell the students that you are going to read them some statements about sleep. They should stand up if they think the statement is true or sit down if they think it is false.

1. Healthy sleep helps you focus. (True)
2. Children need only 6 hours of sleep per night. (False. Schoolchildren need 9-12 hours, and younger children need even more.)
3. A lack of sleep can impact our mood. It could make us cranky. (True)
4. A lack of sleep can make it difficult to do schoolwork. (True)
5. It's OK if you miss sleep one night because you can make it up the next night. (False. It doesn't work that way. A night of missed sleep immediately affects the mind and body.)
6. A lack of sleep can lead to physical injuries. (True)
7. You should stop using screens 30 minutes before bedtime for healthy sleep. (True)

Discuss the correct answers to each of the above statements. Then, pass out the activity sheet and have the students complete it individually or in small groups. Sample answers for the table in Part 2 include:

Positive effects: Being happier, better focus, easier to do schoolwork.

Negative effects: Tired, cranky, unable to concentrate, prone to injuries.

When done, ask for volunteers to share their tips for Part 2, and ideas for Part 3.

Extension Activity: Have students create colorful posters about the importance of healthy sleep habits to display around the school.

RESOURCES

[sleepeducation.org/](https://www.sleepeducation.org/)
[ymiclassroom.com/sleepsmart](https://www.ymiclassroom.com/sleepsmart)



THE REAL SCOOP ON SLEEP

Part 1: Read the story below. One of the students got enough sleep, and one did not. Underline the negative effects of too little sleep. Circle the positive effects.

It's Monday, and Riley is ready for school. She went to bed on time and made sure that her bedroom was dark and quiet. Riley slept for ten hours! In the morning, she woke up right on time and ate a healthy breakfast.

Riley's twin brother Aiden is not feeling the same way. He played games on his phone in bed. He also stayed up late texting his friends. In the morning, he got up late because he was tired. He even missed breakfast!

At school, the siblings listened as their teacher taught a math lesson. Riley followed along easily and took notes. Aiden kept yawning, and his stomach was growling. He found it difficult to pay attention.

At recess, the twins played a ball game. Aiden's coordination was off. He slipped and fell, hurt his ankle and had to leave the game. After recess, they had an English test. Riley's mind was clear and sharp. She thought the test was easy. Aiden still felt sleepy and struggled to focus. Aiden told his friend that he was upset about how he did on the test.

After school, the twins went to soccer practice. Riley did great! Aiden was so tired that he was sloppy. The coach was concerned and asked Aiden if he was feeling OK. That night, Aiden asked Riley for tips on how to develop healthy sleep habits.

Part 2: Look at what you underlined and circled in the story. On the lines below, list some positive effects of healthy sleep habits, and some negative effects of not getting enough sleep. Then, on the back of the page, write 3 tips Riley can give to Aiden to help him develop healthy sleep habits.

Positive Effects of Good Sleep	Negative Effects of Lack of Sleep
1. _____	1. _____
2. _____	2. _____
3. _____	3. _____

Part 3: Think about it! Do you get 9 to 12 hours of sleep each night? Are there any steps you can take to make sure that you get a good night's sleep every night?

Families: Visit sleepeducation.org to learn more about the importance of sleep and how to improve your family's sleep habits for everyone's mental and physical health.