

THE REAL SCOOP ON SLEEP

Supplement
to Sleep
Smart

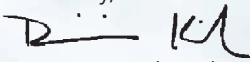
Dear Educator,

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.