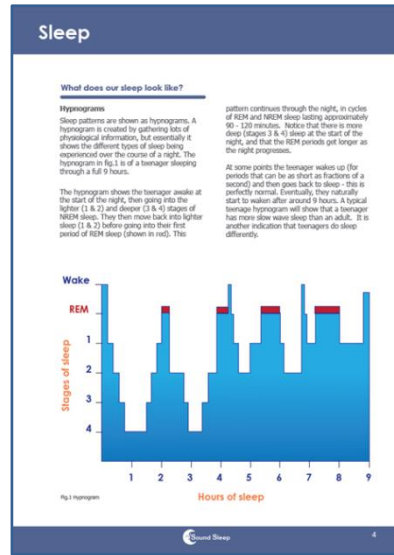


# The Sound Sleep Pack

## Background

- What is Sleep?
- The Circadian Rhythm
- Sleep & Our Wellbeing
- Dreams
- Stimulants, Sedatives and Sleep
- When Sleep Goes Wrong
- Sleep & Driving
- Adolescent Sleep
- How to Sleep Well



## Lesson Planning

- Curriculum Guidelines
- Aim & Objectives for S1-S6
- Lesson Plans for S1-S6

### S3/S4 Lesson 1: How teenagers' sleep is different

#### Lesson Content:

1. Review of what sleep is and why it is good for us. List responses from groups on flip chart or board for comparison with information in powerpoint. (10 minutes)
2. Powerpoint on what sleep is and why teenage sleep is different, what happens to teenagers' brains and bodies when they sleep and the body clock. (20 - 25 minutes)
3. Get pupils to look at their sleep patterns in more detail by completing the Cleveland adolescent sleepiness assessment or the 'Are you a lark, an owl, or neither?' quiz. (15 minutes)
4. Sleep diaries - pupils to keep a diary for a week and monitor how much sleep they are getting. When are they going to sleep and waking up, what are they doing at the weekend etc. (5 minutes)

#### Background reading

- Chapter 1 Sleep
- Chapter 2 Circadian Rhythm
- Chapter 3 Sleep and Our Wellbeing
- Chapter 4 Dreams

#### Materials required

- Flip chart/Board
- Powerpoint - S3/S4 lesson 1
- Blank Cleveland adolescent sleepiness assessment
- Blank 'Are you a lark, an owl, or neither?' quiz
- Blank sleep diaries

## Lesson Resources

- PowerPoint Presentations
- Handouts



### Case studies for discussion groups

**Case study - Sarah**

Sarah - is 15 years old. This is a picture of her bedroom:

Can you give her some advice about how to make it a great bedroom to sleep in and why she would benefit from the changes?

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## Additional Resources

- Workshop for Parents & Professionals
- Template Letter
- School Diary Insert
- Sleep Habits Questionnaire
- Black & White Photocopy Masters
- Signposting for Further Reading & Support

### Insert for School Diary

Sleep is vital for your emotional and physical wellbeing. Getting enough sleep will help you do better at school and learn more effectively. Teenagers need to get 8 - 9 1/2 hours sleep a night. Anything less will affect how you feel, your behaviour, how you get on with other people and it can lead to long-term health problems. However, it's easy to feel

Following the strategies below will help you to get a good night's sleep. If you have any worries at all about your sleep, or you think that you're experiencing a problem, talk to your parents, your teacher, your doctor or school nurse. They can help you with your sleep and any other health problems you may be worried about.

#### The checklist

- Set a regular bedtime and stick to it, give up late TV on hour
- Exercise regularly during the day
- Have the right amount of sunlight exposure each day. At least 30 minutes each in the day
- Do not nap, especially after 3.0pm
- Complete your homework earlier in the evening, so you can relax in the evening
- Share your worries with someone you trust or keep a diary and write them down
- Avoid alcoholic such as beer, coffee, chocolate, take food, alcohol, drugs and soft drinks with high caffeine levels
- Stimmed in the evening by keeping the lights low
- Use good curtains that keep your bedroom dark. Keep the temperature at your bedroom cool
- Get your bedroom ready for bedtime. Try as if beds relaxing and make your bed so you're comfortable. Change your bed linen regularly and keep it fresh
- Do something relaxing before you go to bed - a nice warm bath if great
- Avoid watching anything stimulating, scary or exciting before you go to bed
- Avoid using the phone, texting, playing computer games or watching TV or DVDs in bed or the hour before bedtime
- Do not let clock watch in bed. If you're struggling getting to sleep, try relaxation techniques
- If you must have sound in the background, play something soft and relaxing like nature sounds or gentle music