



# Better brains with more sleep!

## Activity



### Sleep Patrol Diary

In this activity pupils will be asked to be part of the Sleep Patrol and keep a sleep diary for themselves as well as other family members.

### Learning Outcomes

- To collect and handle data.
- To begin to understand that we all have different sleeping patterns.
- To begin to understand the importance of a good bed to get a good quality sleep.

### Preparation

Photocopy the activity sheet for each pupil. Also, you may wish to prepare a partially completed sheet or some raw data to use during the introduction to the lesson.

You can collect further information on factors affecting sleep at [www.sleepcouncil.org.uk](http://www.sleepcouncil.org.uk)

### Lesson

Explain that everyone sleeps at different times, for different lengths of time and in different types of rooms – some will share a room, some people have TVs or computers in their room and some have different size beds. All of these things can affect a good night's sleep. Importantly a good bed is key to getting quality sleep. It needs to be comfy, big enough for the sleeper and support during sleep. On average beds should be replaced after about seven years.

Each sheet is one diary entry, give pupil multiple sheets if you want them to monitor sleep for more than one night. We recommend doing sleep diaries for at least a week so that you get a better idea of sleep patterns.

Hand out the activity sheet to each pupil and ask them to become part of the Sleep Patrol by investigating their own sleeping habits and that of other members of their family by keeping a sleep diary. They can even include pets!

Show them the activity sheet and how to fill it in. You can show them a partly completed chart using some pre-prepared data to demonstrate what they need to do. Send the activity sheet home with the pupils to complete. You may also wish to consider asking pupils to compare weekends and weekdays to see if there are any major differences.

### Plenary

Review the data that the class collected and discuss any general trends that you can see. Do older/younger people

sleep more or less? How do pets compare? Importantly look at the type of sleeping environment they are in, the type of bed they are in, if they have a TV or gadgets in their rooms.

### Extension

Can the pupils find a way of presenting their data clearly using a bar graph or pie chart.

### Notes

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## Activity



### True or False?

In this activity the class will be given a list of statements about sleep and will have to decide whether they are true or false.

### Learning Outcomes

- To explore the myths and truths surrounding good sleep.

### Preparation

Photocopy the activity sheet for each pupil. Keep a copy of the Activity Sheet Explanation to use when checking pupils answers.

### Lesson

Discuss as a class what they think a good night's sleep is and what do they feel like when they have had one. For example, do they concentrate better at school with a good night's sleep or do they enjoying playing more when they have more energy?

Ask pupils what they think are the different things that can stop you having a good night's sleep. Encourage them to think about the type of bed they have for example, a single or double bed, or a futon. How dark or quiet the room is and what they do before bedtime. What do pupils think they can do to help themselves sleep better.

Explain that they are going to be given a set of fascinating facts about sleeping and beds. They have to decide whether they are true or false. Give out the activity sheets and ask pupils to complete the task.

### Plenary

Review the answers with the class and read out the explanations for each statement from the Explanation Sheet. Are pupils surprised by any of the answers? Remind them of the discussion you had at the beginning of the class, now they know fascinating sleep facts what do they think they could do to improve their sleep.

### Extension

Ask pupils to take the activity home and try out the questions on family and friends. Do they know how to make the most of sleep? Do they know a bed is one of the most important factors in good night's sleep?

### Notes

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## True or False?

You should eat a huge meal before you go to sleep.

True ☐

False ☐

You must have a comfy bed.

True ☐

False ☐

We should have lots of blankets and keep the heating on all night.

True ☐

False ☐

Everyone should be allowed to bounce on their bed.

True ☐

False ☐

We all sleep differently.

True ☐

False ☐

We should go to bed and get up at the same time every day.

True ☐

False ☐

Exercise just before bedtime will help you sleep.

True ☐

False ☐

The size of your bed is important to a good night's sleep.

True ☐

False ☐

If you can't sleep, stay in bed anyway.

True ☐

False ☐

Having TVs, computers and fun gadgets in your room helps you sleep.

True ☐

False ☐

An old bed is as good as a new one.

True ☐

False ☐

Your room should be dark when you sleep.

True ☐

False ☐



## True or False? Activity Sheet Explanation

**You should eat a huge meal before you go to sleep.**

**False:** Children who are too full of food (or the wrong type of food), will not settle and sleep well. Light meals a while before bed time, a warm bath, story and bed may be helpful, perhaps with a piece of fruit or a milky drink.

**You must have a comfy bed.**

**True:** The bed the child sleeps in is important too. It supports your body when your muscles relax during deep sleep. It should not be too soft or too firm and should be big enough.

**We should have lots of blankets and keep the heating on all night.**

**False:** We sleep better in a cooler environment – think hibernation. Ideally room temperature should be between 16-24°C (20°C for babies and young children, who find it harder to regulate body temperature). Bed clothes also need adjusting.

**Everyone should be allowed to bounce on their bed.**

**False:** Don't let children bounce on the bed - it damages the mattress and could hurt the child.

**We all sleep differently.**

**True:** All children are different. Some will naturally sleep well from birth, others will not – a pattern will emerge and you may need to work with it a bit. Some will need less sleep; some more. Some will be larks, some will be owls ie some prefer early to bed, some early to rise.

**We should go to bed and get up at the same time everyday.**

**True:** Keep regular hours. Going to bed and getting up at roughly the same time will programme your body to sleep better.

**Exercise just before bedtime will help you sleep.**

**False:** Regular, moderate exercise can help relieve the day's stresses and strains. But not too close to bedtime or it may keep you awake!

**The size of your bed is important to a good night's sleep**

**True:** The bed should be a minimum of 6 inches longer than you when you are lying down. The right length is really important so you have enough room while you are asleep.

**If you can't sleep, stay in bed anyway.**

**False:** If you can't sleep, don't lie there worrying about it. Get up after 20 minutes and do something you find relaxing until you feel sleepy again - then go back to bed.

**Having TVs, computers and fun gadgets in your room helps you sleep**

**False:** Having lots of gadgets in your bedroom can be very distracting and even make you stay up later. A bedroom, or the area where your bed is, should be for sleeping and be a calm place. Switch off all gadgets when it is sleep time.

**An old bed is as good as a new one**

**False:** Just like mattresses, beds do wear out. After seven years it is worth checking if you need to replace your bed for better sleep. An old mattress does not provide the optimum sleep environment for support, comfort, hygiene etc.

**Your room should be dark when you sleep**

**True:** Your room needs to be dark to have a good night's sleep, curtains should block out light and bedside lamps should be switched off.





# Better brains with more sleep!

## Activity

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### Catnaps

In this activity pupils will begin to learn about animals and how they sleep and compare that to their own sleep.

### Learning Outcomes

- To understand that all animals need different amounts of sleep.
- To understand that all animals sleep in different ways.

### Preparation

Photocopy the activity sheet for each pupil. You may also wish to collect pictures or information about the animals being discussed.

Photocopy the Information Sheet for each pupil or display on the board for the class to see.

Keep a copy of the Activity Sheet Explanation to check pupils' answers.

### Lesson

Ask pupils what their favourite animal is. Do they know where they sleep, do they hang from a tree, make a nest or even sleep standing up and how long do they sleep for?

Show the class the list of animals and any pictures of the animals you may have. Can they see any patterns or trends emerging eg all pets sleep in their own beds or animals that graze a lot sleep standing up and for short periods of time.

Hand out the activity sheet. Challenge the class to complete the research task in a fixed amount of time using the Information Sheet, books and the internet to find the answers. Not all the answers

are on the Information Sheet. You can ask them to work in pairs or groups if you think this is necessary.

### Plenary

Review the correct answers to the questions and if anyone has found out their own facts, encourage them to share these with the class in the form of a question and then explain their answers. The pupils might also like to take the activity home to try out on their parents and friends.

### Extension

Ask pupils to look at the list of animals and choose two or three and find out where they like to sleep and why, and present back to the class.

### Notes

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## Catnaps

Question 1 Which animal sleeps the least out of the following?

☐ Dog

☐ Cat

☐ Horse

☐ Mouse

Question 2 Who sleeps the "lightest"?

☐ Cat

☐ Dog

☐ Human

☐ Python

Question 3 Which of these animals does not build a nest to sleep in?

☐ Squirrel

☐ Chimpanzee

☐ Three-toed sloth

☐ Dolphin

Question 4 Cats sleep a lot but which of these animals sleep more?

☐ Cow

☐ Rabbit

☐ Bat

☐ Deer

Question 5 Which of these animals sleep with one eye open?

☐ Giraffe

☐ Mouse

☐ Duck

☐ Guinea Pig

Question 6 Which of these animals likes to sleep under rocks or in caves?

☐ Python

☐ Tiger

☐ Duck

☐ Sheep

Question 7 Who likes to build a sleeping place underground?

☐ Dog

☐ Rat

☐ Elephant

☐ Horse

Can you find out your own interesting animal facts and test out your questions on your friends?



## Catnap Activity Sheet Explanation

**Question 1: Which animal sleeps the least out of the following?**

**Horses**

Sleep only three to four hours daily because these animals require many hours of grazing to eat sufficient food and get sufficient energy!

**Question 2: Who sleeps the "lightest"?**

**Cats**

Where do you think the term "catnap" came from?! Cats spend many hours sleeping lightly and also can go from deep sleep to fully awake very rapidly (especially at the sound of a can opener, wink! wink!). Dogs come next, with humans spending more time in REM sleep and waking up much more slowly on average.

**Question 3: Which of these animals does not build a nest to sleep in?**

**Three-toed sloth**

A three-toed sloth doesn't build a nest, they are made to spend all their time in trees and are the slowest mammals on earth. They just close their eyes where they are!

**Question 4: Cats sleep a lot but these animals sleep more.**

**Bats**

Bats sleep almost 20 hours each day!

**Question 5: Which of these animals sleep with one eye open?**

**Ducks**

This unusual sleeping technique allows these animals to stay alert to predators.

**Question 6: Which of these animals likes to sleep under rocks or in caves?**

**Python**

A python likes to sleep anywhere that is cool, in the wild they will find a cave or place under a rock to keep cool and have a sleep.

**Question 7: Who likes to build a sleeping place underground?**

**Rats**

Rats build a dome underground and sleep in it with the rest of their pack.



# Better brains with more sleep!

## Activity



## Sleep Olympics

Time to get creative and think about what would make a sleep hero bedroom?

### Learning Outcomes

- To begin to understand that we all have different sleeping patterns.
- To make decisions.
- To understand the environment for good sleep.

- Good bed/mattress
- No distractions
- Quiet
- Dark
- No gadgets
- A cool room
- Relax before sleeping
- Milky drink
- Clean covers

- 100m sprint
- Long jump
- Archery
- Tennis

Now ask the class what things should be in that Olympic athlete's room to create the perfect sleeping environment. Do they think the rooms should be different for different sports? What sort of lighting is best for athletes, what kind of bed should they have, and so on. List their suggestions on the board.

### Preparation

Photocopy the activity sheet for each pupil.

### Lesson

Remind the class what they have learned about getting a good night's sleep, and how important it is to have one in order to perform their best during the day. Ask them to recall all the things you need for a good night's sleep:

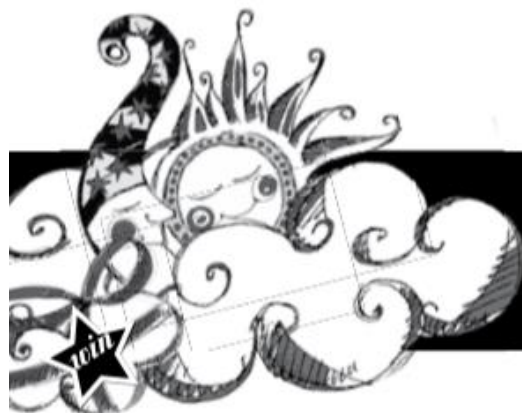
Ask the class how important a good night's sleep is to athletes who have to always perform their best. Do they think that a bad night's sleep might cause someone to lose a race or a match?

They need to sleep in an environment that is good for them. Ask pupils to choose their favourite Olympic sports. Here is a list of some of the Olympic sports to help you get started:



Think about the things you have learnt to help you get the best sleep you can. What do you think should be included and what to not have because you know it isn't helpful. Have fun, anything goes?





Name .....

Class .....



## Sleep Olympics Challenge

We should have been cheering on our favourite Olympians this Summer, unfortunately the Olympics has been postponed and our athletes are probably finding it hard to train and sleep. As you have learnt sleep is so important to help our bodies work well and athletes know that too. We all love to have a good night's sleep and know it is important to chill out before bedtime. So can you design a room they can use to help them be calm and quiet before bed and to think about their day? For our younger pupils what would you like the bed to be like?



## My Sleep Patrol Diary

Become part of the Sleep Patrol by keeping a sleep diary.  
Write the names and ages of some of your family members (don't forget your pets) in the chart below.  
Collect and record the times when they sleep. You will have to ask them to help you as you can't watch everyone all the time. Take it back into school to compare your results in class.

DAY				
WHO	ME			
AGE				
BED				
TIME YOU WENT TO BED				
TIME YOU GOT UP				
TOTAL HOURS OF SLEEP				
LIST ANY GADGETS THAT ARE IN THE ROOM				



## Information Sheets

SPECIES	TOTAL HOURS SLEEP	SLEEP ENVIRONMENT
Brown Bat	19.9 hr	Sleep hanging upside down and can be found in caves, trees, roots or under rocks.
Python	18.0 hr	Sleep curled up with their head tucked underneath their coil in dark places like under rocks or in caves.
Tiger	15.8 hr	On their side or curled up like any cat! Mostly sleeping under trees or in caves.
Squirrel	14.9 hr	Squirrels like curling up in a nest made from twigs and leaves in trees.
Three-toed Sloth	14.4 hr	Will sleep wherever they are, they just close their eyes.
Rat	12.6 hr	Rats build 'domes' underground and sleep huddled together.
Cat	12.1 hr	Will sleep anywhere as long as it is warm, and anyway they can, on their side, stomach even on their backs!
Mouse	12.1 hr	Mice can fit into really small spaces and can curl up in the smallest space to sleep.
Duck	10.8 hr	Sleep on the water or ground near the reeds, always sleeping on their front with one eye open!
Dog	10.6 hr	They sleep anywhere like cats, mainly on their side.
Bottle-nosed dolphin	10.4 hr	They are never completely asleep, they let half their brain go to sleep so that they can still go to the surface and breathe air when they need to!
Chimpanzee	9.7 hr	Every night they build nests in trees and curl up to sleep.
Guinea Pig	9.4 hr	Only sleep for short periods of the time during the day and night so just lie down on the ground to have a nap.
Human (adult)	8.0 hr	Will sleep in a comfy bed and sleep in lots of different ways but mostly on their side.
Cow	3.9 hr	Mostly sleep in fields or barns, they will doze standing up but to sleep they will lie on their fronts.
Sheep	3.8 hr	Sleep in big groups on the ground either in fields or in a barn and mostly sleeping on their fronts.
African Elephant	3.3 hr	Sleep standing up almost anywhere, sometimes baby elephants lie down for a sleep though.
Horse	2.9 hr	Mostly horses sleep standing up, which means they can sleep almost anywhere!
Giraffe	1.9 hr	Mainly sleep standing up but they will curl their long neck round and rest their head on their back.