

## **Program Information**

**Name of Program:** Don't Just Dream of Good Sleep--Achieve it!

**Created by:** Kristen Feigel

**Target Audience:** All grades

**Strategy for Implementation:** Bulletin Board/Presentation, Handouts, Group Discussion, Assessment Questions

**Time of Year to Implement:** Any time of the year

**Relevant Learning Goal:** Goal #4: Intrapersonal Intelligence

**Specific Lesson Outcomes:** Students will analyze their pre-sleep rituals and establish healthy routines to maintain in order to improve their overall quality of sleep. Students will set health and wellness goals that are reasonable, achievable, and sustainable.

**Purpose:** To help improve students' overall quality of sleep by establishing and maintaining healthy habits.

### **Planning and Preparation:**

1. Please read through curriculum sheet
2. Decide how to best make this program applicable to your students
  - a. Feel free to make this a bulletin board, synchronous, asynchronous, virtual, or in-person program. Adapt it to fit your needs.
3. Understand discussion questions and material
4. Create a Canvas quiz/survey with the assessment questions at the end.

## **Program Agenda**

This program is designed to help students analyze the healthy/unhealthy sleep habits and patterns they may already have, and to help them establish a healthier sleep lifestyle that is both easy to accomplish and sustainable over time.

Below is the important information that I gathered. It should be versatile enough that you can share it with them via a quick presentation, a bulletin board, a handout infosheet, and and/or a discussion in a large or small group.

Use the information and suggestions below to best fit your community.

Here is what information is important to share:

- “Your daily routines – what you eat and drink, the medications you take, how you schedule your days and how you choose to spend your evenings – can significantly impact your quality of sleep.” (sleepeducation.org)
- The term “Sleep Hygiene” has to do with overall sleep habits that impact someone’s ability to fall and stay asleep.
  - Have students analyze and discuss their own “Sleep Hygiene”
- To improve your sleep quality, try any of the following:
  - Keep a consistent sleep schedule of going to sleep and waking up
    - EVEN ON WEEKENDS! Habits matter on weekends, too!
  - Establish a relaxing bedtime routine\* (some examples below)
  - Limit blue light on screens. (health.harvard.edu)
    - Blue light throws off our circadian rhythm, which makes falling asleep much more difficult.
    - “Exposure to light suppresses the secretion of melatonin, a hormone that influences circadian rhythms. Even dim light can interfere with a person's circadian rhythm and melatonin secretion.”
      - This impacts happiness levels as well as sleep cycles.
    - How to Help:
      - Turn on “Night” mode to create more warm light
      - Invest in bluelight glasses that help filter the blue light.
      - Limit exposure to blue light *especially* before bed.

#### \*Relaxing Bedtime Routine examples

Make your bed in the morning so you can climb into a freshly-made bed at night.

Put your phone/computer/any and all screens away *at least* 30 minutes before going to bed.

Drink a cup of decaffeinated tea before bed

Wear comfortable clothes to bed.

Have a pre-bed skincare routine.

Have a dental-care routine.

Journal to wind down before bed.

Listen to relaxing sounds or music.

Have students set at least one sleep goal:

Example: Go to bed 15 minutes earlier than normal every night for a week.

## Option 1: Bulletin Board~

(Synchronous, Asynchronous, In-person, Virtual bulletin board/slideshow is possible)

One way to present the above information is through the use of a wing Bulletin Board.



The cloud template (**Document A**) could be used in a variety of ways:

Informative: Write or type the information above on the clouds and cut them out to place on a bulletin board to look like the sky. Students will encounter the bulletin board in passing when they leave and enter the wing, so hopefully the repetition of the information will assist in their effort to retain the information provided.

Goal-Oriented: Write sleep-related goals on the cloud to be placed on a bulletin board so students are able to see their goals on a regular basis and hopefully stick to them. This part of the program can be interactive so students can physically help build the bulletin board and help hold each other accountable.

In making a wing bulletin board, there is also the opportunity to have a discussion while building it together. (\*See Discussion Questions below.)

### Discussion Questions:

- 1) Describe your sleep routine right now. What is something positive about your sleep schedule? What can use some work?
- 2) What relaxes you? How can you incorporate it into your nightly routine?

## Option 2: Colorful Constellations~

(Asynchronous, In-person, Virtual, Synchronous discussion with group)

This option for the program is for students who enjoy coloring or art, and is intended to be done over the span of a month so students can track their hours of sleep and they can see how they're doing, track patterns, and relax with some soothing coloring in the process.

Before the program starts, share the important information above so students will have the background knowledge to start establishing a solid sleep schedule and healthy sleep routines.

Utilizing **Document B** -- or a similar arrangement of hand-drawn stars -- students can be instructed to first number the stars in accordance to the number of days in the month. (Document B is for a month with 30 days.)

Assign a color to a number of hours slept.

For example:

- 6: Blue
- 7: Purple
- 8: Green
- 9: Pink
- 10: Yellow

And so on. Allow the students to choose their own colors so they have artistic freedom with this part of the program. Encourage them to get creative with it!

To end the program, encourage students to attend a debrief where they share their colorful constellations with each other as well as discuss what worked or what didn't work, what changed or didn't change, and what goals they have for the future.

If desired by the community, the constellations can be displayed on the students' doors or in a designated area of the wing.

\*\*\*If students want to do this activity for a shorter amount of time, encourage them to do so for two weeks. If they do not want to color, encourage them to record a sleep journal of a similar timeframe to see what habits they develop. Record bedtime, wake time, and any abnormal or noteworthy dreams.\*\*\*

## **Assessment Questions (Canvas)**

What is something you are doing right now with your sleep routine that can be improved?

What is a sleep goal you have?

Did anything surprise you from this program? If so, what?

## **Sources Utilized**

<http://sleepeducation.org/essentials-in-sleep/healthy-sleep-habits>

<https://www.health.harvard.edu/staying-healthy/blue-light-has-a-dark-side>

Document A



Document B

