

Teachers Notes

SESSION	TIMING	MATERIALS	LESSON NOTES
			<p>This material serves as a general introduction to sleep for pre-adolescents and adolescents. Recommended ages are guidelines only. It is designed to encourage discussion and increase awareness about the importance of sleep. The following can be run as one lesson or over a series of lessons and activities. Approximate timings of each section are provided. Please note, these are just estimates and will vary depending on the level of discussion with the students.</p> <p><b>Teachers Note:</b> For more detailed information regarding teenage sleep, please download (free) the following e-book: Bruck, D. (2006) Teenage sleep: Understanding and helping the sleep of 12-20 year olds <a href="http://vuir.vu.edu.au/467/">http://vuir.vu.edu.au/467/</a></p>
<p><b>WHAT DO YOU KNOW ABOUT YOUR SLEEP</b></p>	<p><b>15-20 MINUTES</b></p>	<p><b>ACTIVITY - Butchers paper or similar Coloured pens</b></p>	<p>Break the class into four groups. Give each group one of the following questions. Have them discuss as a group, write down their answers and report back to the class.</p> <p>Questions:</p> <ol style="list-style-type: none"> <li>1. Why do we need sleep and how much do you think you need?</li> <li>2. How do you feel if you do not get enough sleep?</li> <li>3. What are the things that stop you getting enough sleep or sleeping well</li> <li>4. Do you think you get enough sleep? If not, how can you improve your sleep?</li> </ol> <p>Take note of the answers and refer to these as you go through the presentation.</p>

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<b>SLEEP IS A BIOLOGICAL PROCESS</b>	<b>2-3 MINUTES</b>	<b>SLIDES 1 &amp; 2</b>	Answering of the true or false questions can be done individually, with students writing down their answers, or as a group, with students calling out answers. Try to get an indication of who answered true and who answered false and why they answered in this way. This will expose some of the myths about sleep that can be discussed in relation to the information on the slides.
	<b>5 MINUTES</b>	<b>SLIDE 3</b>	<p>Go through this slide point by point. The main message to get across here is that sleep is a biological process and so the timing of sleep is important.</p> <p><b>Teachers Note:</b> Teenagers are particularly vulnerable to a phenomenon called “Phase Delay” For more information see:  <a href="https://www.mja.com.au/journal/2013/199/8/circadian-rhythm-disorders-among-adolescents-assessment-and-treatment-options">https://www.mja.com.au/journal/2013/199/8/circadian-rhythm-disorders-among-adolescents-assessment-and-treatment-options</a></p> <p>You may want to provide an example of phase delay to make it relevant for the adolescents. For example, you might say something like:</p> <p>How many of you stay up late at night but then hate getting out of bed early? How many of you find it hard to go to sleep before 11pm or midnight? This is actually quite common in teenagers who can experience something called “phase delay”. What this means is that your body clock shifts so that the cues for sleep are given later in the day. But, if you let yourself fall into the trap of staying up late, sitting in a well lit room, maybe interacting with friends on Facebook or Twitter, then you will push your body clock even further and it will become more and more difficult to fall asleep early – unless you are really, really tired.</p>

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			What happens then is that you won't get enough sleep because you have to get up early for school or sport or whatever the next morning. You then become tired and grumpy, you can't concentrate and you may even fall asleep when you don't want to.
	15-20 MINUTES	<b>ACTIVITY – Morning-Eveningness Questionnaire</b>	Hand out the Morning-Eveningness Questionnaire and have the class complete this individually.  Score as per the instructions and then discuss if they are night owls, early birds or somewhere in between. Discuss this in relation to what this means for their ability to perform at their best.
<b>END SESSION ONE</b>	45-60 MINUTES		
<b>TIMING OF SLEEP AND SLEEP NEED</b>	5 MINUTES	<b>SLIDES 5-7</b>	Research has shown that, under our normal, everyday, circumstances, the best time to sleep is between 10pm and 7am. This is when sleep will be the deepest and most effective.  Discuss the amount of sleep is recommended for teens (8.5-9.5 hours) and what they means in relation to sleeping at the appropriate time. I.E. If they have to get up at 7am for school, they would need to go to <b>sleep</b> between 9:30 and 10:30pm. You may like to discuss the difference between going to BED and going to SLEEP here.

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	<b>10-15 MINUTES WITH YOUTUBE CLIP</b>	<b>SLIDES 8-10</b>	<p>Introduce the concept of sleep being a part of the “24-hour day”. Talk about how many people think that nothing happens during sleep or they even think it is wasted time. Go through the points on the slide and point out that it is definitely not wasted time, but essential for overall health and well-being. If you want to be sensational here you can say something like:</p> <p>- In fact, if we don’t get sleep, we go crazy. In fact, we will die. It may take a long time, but we will eventually die without sleep.</p> <p><b>Teachers Note:</b> You might like to show the following video about Peter Tripp, a New York DJ who broke the world record for the longest period of no sleep. He experienced many psychotic symptoms.  <a href="https://www.youtube.com/watch?v=4MT8ekBGyM4">https://www.youtube.com/watch?v=4MT8ekBGyM4</a></p>
	<b>30 MINUTES</b>	<b>ACTIVITY – Sleep in the teenage years</b>	<p>Hand out the activity sheet. This can be done in groups, individuals or even as a homework assignment.</p> <p>Have the students log on to the Sleep Health Foundation website.  <a href="http://www.sleephealthfoundation.org.au">www.sleephealthfoundation.org.au</a>.</p> <p>On this website, they will find an Information Library tab. If they click on this, they will see a Fact Sheets A-Z tab. Click on this and there will be a list of all the information sheets available. If they open the Teenage Sleep sheet, they will find the answers to the questions.</p>
<b>END SESSION TWO</b>	<b>40-60 MINUTES</b>		

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<p><b>HOW TO IMPROVE SLEEP</b></p>	<p><b>5 MINUTES</b></p>	<p><b>SLIDE 12-14</b></p>	<p>This will be an important slide for this age group. Try to engage them in this as much as possible. If the setting is appropriate, ask for examples of when they have stayed on their phones until 2 or 3am. Ask if anyone has set their alarm to get up and play a game with someone over the other side of the world. Ask them how they felt the next day.</p> <p>Go through the points on the slide and explain the three main points:</p> <ul style="list-style-type: none"> <li>- Electronic devices emit “blue” light which is alerting so after looking at blue light it is difficult to go to sleep</li> <li>- Interacting with friends or watching TV will keep us up longer than we should because it is hard to get away</li> <li>- Going to sleep at different times every night disrupts the circadian (puts it out of whack) almost like when you fly to another country.</li> </ul> <p><b>Teachers Note:</b> If you think it appropriate for the age group you could ask for examples of anyone who has been jetlagged before. The term “social jetlag” has been coined to describe the phenomenon of disruptions to the body clock due to lifestyle. For more information see <a href="http://theconversation.com/regular-bed-times-as-important-for-kids-as-getting-enough-sleep-19396">http://theconversation.com/regular-bed-times-as-important-for-kids-as-getting-enough-sleep-19396</a></p>

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	<p><b>10 MINUTES</b></p> <p><b>20 MINUTES IF WRITING ACTION PLANS</b></p>	<b>SLIDE 15</b>	<p>Discuss the point on Slide 15. Encourage students to tell you what time they go to bed and how much sleep they get. Then discuss how they might be able to go to bed earlier and get more sleep.</p> <p><b>Teachers Note:</b> If you are not running the Sleep Diary activity, you might like to get your students to write and action plan based on slide 15. What will they implement to help improve their sleep? Have them report to the group how their sleep changed after a few days of implementing their action plans.</p>
	<b>TWO WEEKS</b>	<b>ACTIVITY – Sleep Diary</b>	<p>This is a two-week homework exercise to encourage students to gain a better understanding of their sleep habits and how they might change these to improve sleep. This activity also allows you the opportunity to revisit some of the key messages in this presentation.</p> <p>Hand out the instruction sheet and sleep diary for week one. Over the next 7-days, have the students maintain their usual sleep routines and complete the diary. At the end of that week, discuss the diaries and what the students learnt about their sleep from doing that exercise. Then ask them to write down ONE thing they would change about their sleep habits to try and improve their sleep. Hand out the diary for week two. Get them to action this one change and once again, complete the diary for 7-days. At the end of the second week, discuss the any improvements to sleep. Talk about their experiences, how they felt, etc. If some students were unable to maintain the change, discuss why this might be the case and how to get around it.</p> <p><b>Teachers Note:</b> This activity will not work for all students, but it can be very powerful for those who do it properly.</p>

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<b>END SESSION THREE</b>	<b>30-40 MINUTES PLUS HOMEWORK ACTIVITY</b>		
<b>SLEEP DISORDERS</b>	<b>2-3 MINUTES</b>	<b>SLIDE 17</b>	<p>It is important that if the students feel they have a sleep problem that they seek professional advice.</p> <p>The Sleep Health Foundation and Australasian Sleep Association have “ASK THE EXPERT” links that might be useful.</p> <p><a href="http://www.sleephealthfoundation.org.au">www.sleephealthfoundation.org.au</a></p> <p><a href="http://www.sleep.org.au">www.sleep.org.au</a></p>
	<b>20-30 MINUTES</b>	<b>ACTIVITY – Science of Sleep Crossword</b>	<p>Hand out the activity sheet. This can be done in groups, individuals or even as a homework assignment.</p> <p>Have the students log on to the Sleep Health Foundation website.</p> <p><a href="http://www.sleephealthfoundation.org.au">www.sleephealthfoundation.org.au</a>.</p> <p>On this website, they will find an Information Library tab. If they click on this, they will see a Fact Sheets A-Z tab. Click on this and there will be a list of all the information sheets available. They will find the answers to the questions on these information sheets.</p>
<b>END SESSION FOUR</b>	<b>30-35 MINUTES</b>		
		<b>ADDITIONAL ACTIVITIES</b>	<ul style="list-style-type: none"> <li>• Sleep Clock</li> <li>• My Sleep Friendly Bedroom</li> </ul>