

4 March Lesson: Sleep

Goals:

- Students will learn the importance of sleep.
- Students will identify ways to promote a more restful sleep.

Audience: 4th grade

Optional Activities:

- Sleep Cycles
- Alarm Arithmetic

Materials:

- Sleep Visual Aid
- Sleep Worksheet

Common Core Standards:

- English Language Arts: Speaking and Listening: 4.1
 - Engage effectively in a range of collaborative discussions (one-on-one, in groups, and teacher-led) with diverse partners on *grade 4 topics and texts*, building on others' ideas and expressing their own clearly.
 - Pose and respond to specific questions to clarify or follow up on information, and make comments that contribute to the discussion and link to the remarks of others.
- Math: Measurement & Data: 4.2
 - Use the four operations to solve word problems involving measurements of time that require expressing measurements given in a larger unit in terms of a smaller unit.

Background:

Everybody needs to sleep. However, most experts agree that adults and children are not getting enough zzz's. With TV, computer games, and increasing levels of stress, many children and adults are going to bed later and waking up earlier. Sleep deprivation can lead to: increased levels of stress, changes in appetite, mental fog, weight gain, irritability, anxiety, and/or depression. This lesson teaches children the importance of sleep and provides tips on how to get a more restful sleep.

Lesson:

Over the last few months we've discussed the importance of nutritious foods, water, and exercise to staying healthy. There is one more thing our bodies need to stay healthy. Raise your hand if you think you know what it is. Sleep!

Raise your hand if you have an electronic toy, cell phone, or other device that runs on a battery.

When your battery is running low, have you noticed that your device starts to act strange? For example, a toy car may move a little slower, the sound quality on your music device might sound funny, or a cell phone may start to flash a red warning light. Raise your hand if this has ever happened to you.

Your favorite toys or electronic devices are able to tell you when they need to recharge. If you don't recharge the batteries, the device will not work as well, and will eventually stop working.

Although our bodies don't run on batteries, we do need to rest and recharge in order to perform at our best. We recharge by sleeping.

WHY do our bodies need sleep? (Show slide #1) During sleep, our body is busy at work, building new tissues, growing muscles, fighting germs, and storing memories. While we lay peacefully in bed, our bodies are actually working really hard to recharge and repair.

Sleep is especially important for growing kids. This is when your body is working really hard to grow taller and stronger. Did you know that when you were a little baby, you slept anywhere from 14-18 hours per day? The reason you slept so much is because your body was growing very rapidly! Think about how much you grew from the time you were born until the time you turned 2.

Now that you're a little older, you still need a good night's rest, but you don't need 16 hours of sleep each night. Growing kids need about 10 to 11 hours of sleep each night.

Raise your hand if you know what could happen if you don't get enough sleep?

(Show slide #2.) Sleep deprivation (not getting enough sleep) can really slow your body down. Not getting enough sleep can cause: mental confusion or 'brain fog', it can lower your immune system so you are more likely to catch a cold, it can make your body ache, and it can make you feel moody, sad or angry. It can also lead to over eating.

Some kids stay up late because they don't feel tired. However, the next morning they have a hard time getting out of bed and feel groggy. Raise your hand and tell me what things you do to help you get a good night's sleep.

(Show slide #3) There are a few things that you can do to help your body wind down so it knows that it is time for bed.

- Try to go to bed the same time every night (even on the weekends). This helps set your body clock so your body knows when it's time to sleep and wake up.
- Develop a nightly routine. For example, 30 minutes before bedtime take a bath, brush your teeth, lay out your clothes for the next day, and then read a short story.
- Find ways to calm your body down. For example, listen to relaxing music, read a book, or play a board game.
- Go easy on the electronics. TV, computer games, and even cell phones can make the body more alert. Try to 'unplug' at least 30 minutes before bedtime.
- Avoid eating or drinking too much before bed. Don't go to bed hungry or thirsty either. When you lay down you'll feel more comfortable, and you won't need to use the bathroom in the middle of the night.

(Distribute Sleep Worksheet. Optional: show slide #4)

First let's figure out how much sleep you get on school nights. Write down what time you usually go to sleep on school nights and what time you usually wake up. Now figure out how much total sleep you get. Then use the same process to figure out how much sleep you usually get on weekends.

(Take a few minutes and have the kids complete the Sleep Worksheet or suggest they finish it at home.)

Remember, everybody needs to sleep! Aim to get at least 10 to 11 hours of sleep each night.

Resources: Mayo Clinic <http://www.mayoclinic.com/health/sleep/HQ01387>