

**SLEEP**





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# SLEEP

## Assignment I

Like every human being, Joey needs to sleep. His body and brain need to recharge after a busy day, but sleeping also makes Joey healthier, stronger and smarter. Joey likes to be smart, strong and healthy but... he doesn't like to go to bed in the evening. He prefers playing video games and reading comics until he gets tired – usually around midnight. Let's do the assignments and find out why Joey needs a full night of sleep.

*Why is it important for Joey's body to have a full night sleep?*

- 1 Joey's body needs to sleep the full night to recharge, and rest because during the day it has to be fit enough to fight off illness, build new cells and grow.
- 2 Joey's body needs the full night of sleep to recharge, but it also uses the night to fight off illnesses, build new cells and grow.

*Why is it important to Joey's brain to have a full night of sleep?*

- 3 Joey's brain uses the hours of sleep to store some of the important information that Joey got during the day and memorize it, especially difficult things such as mathematics and language.
- 4 Joey's brain uses the hours of sleep to rest and recharge, so during daytime the brain can store important information (such as mathematics and language).

Fill in the right answers and find the code.

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## Assignment 2

When Joey sleeps, he passes five different stages of sleep. All stages are important to benefit from the power of sleep. During stages one and two Joey falls into a light sleep. At stages three and four, he is in a deep sleep and there is almost no activity in his brain. Before he wakes up again he reaches stage five, which is called the stage of REM-sleep. REM means Rapid Eye Movement. Joey's eyes move rapidly, although they are still closed. This is a sign of brain activity; the brain is slowly waking up. Do the assignments and find out how to recognize these stages of sleep.

*Joey always dreams a lot when he sleeps. Most of his dreams are so fantastic that Joey regrets waking up! In which stage of sleep do you think that Joey's dreams appear?*

- 1 Dreams appear in stage five because during that stage Joey shows lots of brain activity. Besides, Joey often wakes up during a dream and waking up is often a sign of stage five.
- 2 Dreams appear in stage three and four when Joey is in a deep sleep and the 'deep' part of his brain gets active. Only nightmares can wake him up from this deep sleep-stage.

*Joey's brain stores information during the night and memorizes it. In which stage of sleep do you think Joey's brain rests and when does it store information?*

- 3 Joey's brain stores information during stage three and four (deep sleep) and rests during stage five (REM-sleep).
- 4 Joey's brain stores information during stage five (REM-sleep) and rests during stage three and four (deep sleep).

Fill in the right answers and find the code.

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## Assignment 3

Joey always finds it difficult to wake up in the morning. But in the evening, when his parents send him to bed, he has problems falling asleep. That is why he reads his favorite comics (secretly with a flashlight under the sheets) until midnight and misses out important hours of sleep. Let's do the assignments and find out how Joey can fall asleep more easily.

*What do you suggest Joey should do if he wants to fall asleep more easily?*

- 1 Joey should play a computer game, watch television, call a friend or do some exercises before he goes to sleep, so his body and brain get tired and he falls asleep more easily.
- 2 Joey should not read comics, play games, watch television, do exercises or call friends up until at least half an hour before he goes to sleep, so his body and brain can unwind and he can fall asleep more easily.

*What do you suggest Joey should eat or drink before he goes to bed?*

- 3 Joey must stop eating or drinking at least an hour before he goes to sleep to give his body rest instead of making it work hard to digest the food and drink.
- 4 Joey shouldn't eat before going to bed, but he can have a glass of coke or coffee before he goes to sleep to make his body more relaxed.

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## Assignment 4

Joey likes to play racing games on his game computer, especially while sitting in his race-car bed. His parents allow him to play games in bed an hour before bedtime. But first, he has to wash his hands, face and feet and brush his teeth. Sometimes Joey secretly smuggles crisps and coke into his bedroom so he has something to snack in bed whilst gaming. On the weekends, he also likes to have breakfast in his race-car bed, and he often plays until noon. Do the assignments and learn more about sleep hygiene.

*What do you think is good 'sleep hygiene'?*

- 1 Good sleep hygiene means washing your face, hands and feet and brushing your teeth before you go to sleep.
- 2 Good sleep hygiene includes keeping your bed clean, keeping your bedroom fresh and using your bed only for sleeping, not for eating, drinking and playing.

*What would you suggest Joey to change in order to get good sleep hygiene?*

- 3 Joey shouldn't eat crisps and drink coke after washing and brushing his teeth, or he should wash his hands and face and brush his teeth after eating and drinking in bed.
- 4 Joey should keep his bed clean (stop eating and drinking in it), keep his bedroom fresh (airing the sheets and room in the morning) and use his bed only to sleep in, not to live in.

Fill in the right answers and find the code.

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## Assignment 5

Joey's father is very busy at night. Not that he is secretly reading comics (like Joey does) but... he snores like a bucksaw! Joey's mother wakes up several times at night to make her husband stop snoring. Do the snore-experiment and answer the questions on the back of this card to find out the influences of snoring on a good nights sleep.

Needed: clock, watch or stopwatch

Instructions: two members of your group have to lie down on the floor with their eyes shut, for two minutes. One of the members has to snore during these two minutes. The other member has to breathe normally. The other group members have to watch the sleepers and 'wake them up' after the two minutes have passed.

*Look at the group member who snored during the two minutes of 'sleep'.  
What impression do you get?*

- 1 He/she makes a rested impression and he/she is breathing calmly.
- 2 He/she makes a restless impression and he/she is breathing fast.

*What does this experiment tell us about Joey's parents?*

- 3 Joey's father and mother both don't get enough good sleep at night because Joey's father is snoring.
- 4 Joey's mother doesn't get enough good sleep at night because Joey's father is snoring.

Fill in the right answers and find the code.

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## Assignment 6

Joey needs the power of sleep to stay healthy, smart and happy. But he can only benefit from this power, if he sleeps long enough to pass all the five stages of sleep during the night. Do you also benefit fully from your night's sleep? Let's find out who does and who doesn't by doing the following assignments.

**Needed:** pen and paper

**Instructions:** all group members have to count the hours of sleep they got last night. Write down the hours and compare them with each other. Now answer the questions on the back of this card.

*Which group members must be better at mathematics and learning languages?*

- 1 The members that sleep the most, because their brain has more time to store difficult information and memorize it better, during sleeping hours.
- 2 The members that sleep less, because their brain has more time to store difficult information and memorize it better during waking hours.

*How many hours do you think a child of your age has to sleep at night to benefit fully from the power of sleep?*

- 3 I have to sleep 8 to 10 hours per 24-hour period.
- 4 I have to sleep 10 to 12 hours per 24-hour period.

Fill in the right answers and find the code.

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## Assignment 7

Joey has problems falling asleep, because he doesn't feel tired in the evening. That's why he is secretly playing games or reading comics in bed, which make the problem only worse. There are lots of things that keep us from falling asleep easily. Let's do the assignments and find out what sleep problems you have or don't have.

Needed: pen and paper

Instructions: each group member has to draw a vertical line on his/her piece of paper. On the left side of the line you write down what keeps you from falling asleep, on the right side you write the things that make you fall asleep quickly and easily. After doing this assignment, answer the questions on the back of this card.

*Look at the left side of your paper, who wrote down: playing video games, watching television, or similar activities just before going to sleep? What is the best way to change this behavior?*

- 1 I should stop doing these activities during school days, so I can fall asleep more easily and get a good night's sleep.
- 2 I should stop doing these activities at least an hour before I go to sleep, so I can unwind, my brain can relax and I fall asleep more easily.

*There are also things that cause sleep problems that come from inside your body. Such as pain, worries and fear. What can you do about these?*

- 3 I should try and learn to relax. If I am relaxed, I will fall asleep. Taking a hot shower before bed could be something to help me relax.
- 4 I should tell myself not to worry about my pain, worries and fears. It can also help if I keep my eyes closed and whisper "sleep", "sleep", "sleep".

Fill in the right answers and find the code.

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The background features a light green and yellow gradient with a dark blue curved border on the right side containing white stars. There are several brown, bean-like shapes scattered across the page, some resembling a crescent moon.

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## Assignment 8

Joey always has lots of things to think about and many plans to make whilst lying in bed. He really has to learn to unwind in order to fall asleep easily. Do you recognize this? Then it is about time that you learn to relax. Discover how you can prepare your brain and body for a good night's sleep by doing the relaxation therapy written on the back of this card.

### *Relaxing therapy instructions:*

Choose one group member to be the 'relax teacher', the other members are the pupils. All pupils have to lie down on the floor, facing the ceiling, eyes closed. Now the relax teacher must read the following text, very slowly with long pauses (...). Good luck!

- All right everybody, this is what you should do if you can't fall asleep.
- Keep your eyes closed and breathe slowly... breathe in... breathe out... breathe in... breathe out... very good...Count your breaths in and out. Every time your mind wanders, start counting your breaths again.
- Imagine you are standing on a mountaintop... the wind blows through your hair... it blows over your arms... your legs... your feet...
- You are as light as a feather... slowly the wind lifts you from the ground...
- There you go... flying over the valley... light as a bird...

Wait until everyone looks relaxed and at ease to you. Then ask them to open their eyes and slowly get up from the ground. If everybody feels relaxed, you get the code from your teacher.

Ask your teacher for the code

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