



# HEALTHY HEROES

*Teachers Guide*  
*Sleep*



# HEALTHY HEROES

## *Teachers Guide*

### *Sleep*

#### *1. Introduction*

The *Healthy Heroes* toolkit is part of the Philips' SimplyHealthy@Schools program. SimplyHealthy@Schools is a worldwide sustainability program from Philips to teach children aged 8-12 how to improve their health and well being in a simple way and thereby improve their school performance and fitness levels.

Research has shown that environmental factors (such as light and air quality) can be improved significantly, as can children's habits (e.g. drinking more, getting more exercise or improving personal hygiene). Once these factors have been improved, children perform better and their overall mental and physical well-being also improves.

Simultaneously, the *Healthy Heroes* program makes children aware of the positive influence that they can have on their environment; simple changes in individual behavior can contribute to a cleaner and healthier earth.

The program is presented as an exciting game in which five healthy heroes challenge the children to discover the healthy powers hidden in clean air, fresh water, smart light, smiling, moving and taking care of the earth.

The 'power of sleep' is an extra module in the SimplyHealthy@Schools-program. It is based on important research about children and sleep from the Australian Centre for Education in Sleep (ACES - [www.sleepeducation.net.au](http://www.sleepeducation.net.au)) and distributed by the World Association of Sleep Medicine.

The module on sleep can be used as part of teaching the full *Healthy Heroes* game, or can be used as stand alone module in the classroom. To read the teaching guide on the full *Healthy Heroes* game go to [www.simplyhealthyatschools.com](http://www.simplyhealthyatschools.com). Should you be interested to run the full SimplyHealthy@Schools program in your school, please contact [philips.sustainability@philips.com](mailto:philips.sustainability@philips.com).

#### *Index*

- 1 Introduction: Short introduction of the *Healthy Heroes* toolkit.
- 2 The *Healthy Heroes* special module on Sleep.
- 3 Short introduction of the theme and answers to the assignments.

## 2. The Healthy Heroes special module on Sleep

### **Introductory text**

*“Hello boys and girls, I would like to introduce you to Joey. Here he is on your classroom wall. Joey is about your age and he is smart, funny and happy, just like you. You might think that nothing is wrong, BUT... there is a secret that almost nobody knows. The secret is of the powers. Did you know that there are special powers all around us? One of those powers is the power of sleep.*

*The thing is... before you can use the power of sleep, you must know where to find it. I am asking you today to help me find the power of sleep, so that we can empower Joey. We're going to make him stronger, make his brain think faster, make his body fitter, make his eyes shine brighter, make his concentration level higher. And the best part is yet to come... once we've discovered the powers, we can use them to empower ourselves too! Sounds like a good plan, doesn't it? So let's get started and find the power of sleep!”*

### 2.1 The Healthy Heroes program in your class

We suggest you either print the pdf with the assignments, the power and the poster of Joey in color or beam the pdf files from the website [www.simplyhealthyatschools.com](http://www.simplyhealthyatschools.com). For running the special module on sleep, there are no additional props you need, just make sure the children have a pen and paper at their disposal and make sure you have this guide with you so you can check your student's answers and give them extra information when appropriate.

### 2.2 How to run the game

(total duration: about 1.5 hours)

#### **Part I**

Show Joey to your class. You can print his image or beam the online pdf. Now read out the introductory text to the children or read out a text of your own.

Once the children are ready, you can start the program.

#### 1. Groups

To allow for the most interaction, we suggest splitting the class into four groups. Every group has to sit together and must choose a group representative. The groups will then work on the assignments together. If this is not preferred, it is of course also possible to discuss the assignment with the entire class as a whole.

## 2. Explain the program

Explain to the children what they are going to do:

They must find the power of sleep by doing 8 special assignments. Each group has 10 minutes to find the right answer to the assignment. The right answer yields a two-digit code, for example: 

2
---

1
---

## 3. Ready, set, go!

Introduce the theme of sleep (you can find an introduction on the theme in chapter 3 of this guide) and start the game.

### Short version (30 minutes)

Distribute the first four assignments – every group gets one – and start the timer. After 10 minutes you can distribute the next four assignments and start the timer.

### Long version (90 minutes)

Beam or distribute the first assignment – every group gets the same assignment – and start the timer. After 10 minutes you can distribute the next assignment and start the timer until all eight assignments are done. (For the long version you need to make four prints of every assignment).

## 4. Checking the code

When all assignments are done, each representative has to give the code that his/her group has found. Check that the code is right....You can find the right codes for every assignment in chapter 3 of this guide. If they found the right codes to all 8 assignments, they have found the power of sleep!

## 5. The power of sleep

When the children have found the power, they can stick the printed power on the poster of Joey. If you have decided not to print, you can beam the sleep power.

## **Part II**

## 6. Reward

When the first part of the program is complete, we would like to suggest some time for a short break. In the second part, after playtime, ask the children to reflect on what they learned. Have a short class discussion about the subject. You can also allow for individual reflection time and have the children write down what they are going to change about their own sleeping habits. We suggest you think of a proper reward after they have finished the game.

## 7. Hand out

If you want, you can also print a special hand-out from the website for parents. The hand out is very useful with lots of tips and suggestions about the power of sleep, avoiding sleep problems and good sleep hygiene. The children can take this hand-out home after playing the game, so their parents know what the children have learned and can support them to become (or stay) good sleepers.

### **About the assignments**

Conceptual assignments will allow the students to think independently in order to find the solution. Practical assignments provide children with the tools to immediately apply what they have learned in practice.

## 3. Short introduction of the theme and answers to the assignments.

### 3.1 Short introduction of the theme

#### *Why Joey needs sleep*

Joey doesn't like to go to bed in the evening, because he thinks sleeping is a waste of time. But he is wrong! His body and his brain need 10 to 12 hours of sleep each night to stay healthy, smart and happy. His body needs sleep to rest (recharging the battery) - to grow (new cells are made, Joey grows at night!) - to heal (bruises and injuries) - to fight off nasty bacteria and illnesses. Joey's brain uses the time he sleeps to store all the information he got during the day. This is why Joey can remember things and is able to learn difficult things such as maths and foreign languages.

#### *Sleeping problems*

Joey often has trouble falling asleep. There are a few reasons. Firstly, he likes to play video games in bed and secretly reads comics until midnight. Secondly, he likes to eat crisps and drink a coke before going to bed. Thirdly, he goes to bed at irregular hours and keeps a bright light on in his bedroom. Daylight helps his body to understand when it is time to wake up and night time helps his body understand when it is time to sleep. Conclusion, there are many things preventing Joey from falling asleep easily. Besides influences from outside, there are also influences from inside the body that can cause sleep problems. Who can give an example? Snoring, nightmares, bedwetting.

#### *Sleep hygiene*

To make sure Joey falls asleep more easily and can benefit from a good night's rest, he has to improve his sleep hygiene. His bed has to be a nice place to sleep in perhaps clean sheets, no crumbs from his crisps, or a good mattress - not too hard, not too soft). His room has to be filled with fresh air (opening some windows in the morning). At night, it should be quite dark (curtains closed, a small night light only). And Joey has to prepare himself for the night by relaxing a little (no racing games before going to bed) and he should mind his diet (no coke or crisps right before sleeping). Going to bed at the same time each night is also part of a good sleep hygiene.

### 3.2 Questions for group discussion before starting the assignments

1. At what time do you go to bed? When do you get up?
2. How many hours do you sleep at night?
3. How many hours of sleep do you think you need? And adults?
4. Who has problems falling asleep? What kind of problems?
5. Do you know why you have problems falling asleep?
6. Who is secretly awake whilst your parents think that you are sleeping? Why do you do that?

### 3.3 Answers to the SLEEP assignment cards

	Answer to question A	Answer to question B	CODE		
Assignment card 1	2	3	<table border="1"><tr><td>2</td><td>3</td></tr></table>	2	3
2	3				
Assignment card 2	1	4	<table border="1"><tr><td>1</td><td>4</td></tr></table>	1	4
1	4				
Assignment card 3	2	3	<table border="1"><tr><td>2</td><td>3</td></tr></table>	2	3
2	3				
Assignment card 4	2	4	<table border="1"><tr><td>2</td><td>4</td></tr></table>	2	4
2	4				
Assignment card 5	2	3	<table border="1"><tr><td>2</td><td>3</td></tr></table>	2	3
2	3				
Assignment card 6	1	4	<table border="1"><tr><td>1</td><td>4</td></tr></table>	1	4
1	4				
Assignment card 7	2	3	<table border="1"><tr><td>2</td><td>3</td></tr></table>	2	3
2	3				
Assignment card 8	1	3	<table border="1"><tr><td>1</td><td>3</td></tr></table>	1	3
1	3				



**PHILIPS**



Australian Centre  
Education in Sleep

