Teacher Resource
Kids Talk - Sleep

Focus Questions

1. Before watching the story, discuss as a class how much sleep you get each night.
2. What did the BTN *Kids Talk - Sleep* story explain?
3. In the BTN Kids Talk survey how many kids feel tired all the time?
   a. 1 in 2
   b. 1 in 6
   c. 1 in 10
4. What does your brain do while you're asleep?
5. What is the recommended time kids should sleep each night?
6. Complete the following sentence. The blue light from screens changes the release of a hormone called _____.
7. Describe a good bedtime routine.
8. Why is sleep good for you?
9. If you don't get enough sleep how do you feel?
10. What was surprising about the BTN story?

Activity

Note taking

Students will practice their note-taking while watching the BTN *Kids Talk – Sleep* story. After watching the story, ask students to reflect on and organise the information into three categories. What information in the story was...?

- Positive
- Negative or
- Interesting
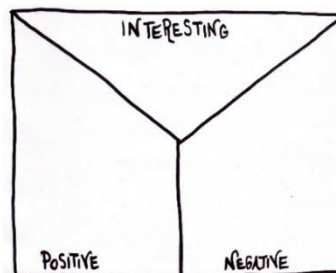
Activity

Class Discussion

As a class discuss the BTN *Kids Talk - Sleep* story using the following questions as a guide. Record the main points of the discussion on a mind map with **sleep** at the centre. Use the following questions to guide the discussion:

- Why do we need sleep?
- How much sleep do you think you need?
- What are the things that stop you getting enough sleep?
- How does lack of sleep make you feel?
- Do you think you get enough sleep?
- How can you improve your sleep?

Key Learning

Students will keep a sleep diary to monitor their sleep habits and use of devices before bedtime.

Curriculum

Health and Physical Education – Years 3 & 4
Identify and practise strategies to promote health, safety and wellbeing.

Discuss and interpret health information and messages in the media and internet.

Health and Physical Education – Years 5 & 6
Plan and practise strategies to promote health, safety and wellbeing.

⚙ Activity

Weekly Sleep Diary

Students will keep a sleep diary over the period of a week to monitor their sleep habits and their use of devices before bedtime. They will record data every day using the following table.

	Time spent on devices before bedtime	Time I went to sleep	Time I woke up	Number of hours asleep	How I felt when I woke up
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

Students will calculate the average time they spend asleep each night (using the data collected over the one-week period) and compare it to the time spent on devices before bedtime. Ask students to graph their results. They can then compare their results with other students in the class and the recommended sleep required for kids their age.

Reflection

The journal provides the opportunity for students to reflect on their own learning. Provide regular opportunities for students to write individual journal entries to reflect on the following questions:

- What does the information collected tell you about your sleep patterns when using devices before bedtime?
- Do you think you sleep better when you don't use devices before bedtime?
- What did you learn?
- What else could you have done?
- What would you do differently next time?

⚙ Activity

Sleep Inquiry

Students will be exploring sleep in more detail. They can develop their own key questions to investigate or respond to one or more of the questions below. Students can complete the following KWLH organiser to explore their knowledge and consider what they would like to know and learn.

What do I know?	*What do I want to know?*	*What have I learnt?*	*How will I find out?*

Discuss the story as a class and ask students to pose questions about sleep. Students will develop an appropriate question to guide an inquiry about sleep (below are some example key questions).

- What does our body continue to do while we are asleep?
- What health problems can a lack of sleep cause?
- To what extent can technology affect a person's sleep?
- How does melatonin work?
- What are the stages of sleep? What happens in each stage?
- What is circadian rhythm? What impact does going to sleep at different times every night have?

Students can present the information in one of the followng ways:
- Prezi presentation
- An infographic using Canva
- An oral presentation

⚙ Activity

Students watch this BTN Investigates - Why do we sleep? then answer the following questions:

1. Why do we need sleep?
2. What do studies show about animals that are sleep deprived?
3. Why are sleeping animals at risk?
4. What happens to a dolphin's brain when they sleep?
5. What does the prefrontal cortex do?
6. How can a lack of sleep affect a person's learning?
7. Finish the following sentence: Research shows that while we sleep, our brains are…
8. How do you feel when you get a bad night's sleep?
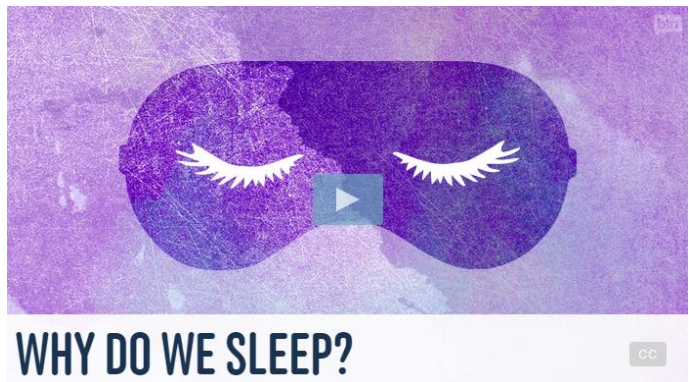
⚙ Activity

Sleep Quiz

1. On average, about how much time does a person spend sleeping in their lives?
   a) One third
   b) One quarter
   c) Three quarters

2. How much sleep do 6-13-year-olds need each night?
   a) 6 – 8 hours
   b) 9-11 hours
   c) 11-14 hours

3. Which hormone is released by the brain to get us to sleep?
   a) Melanin
   b) Melatonin
   c) Adrenaline

4. Insomnia is the sleep disorder where a person finds it difficult to fall or stay asleep.
   a) True
   b) False

5. Using devices in bed is not recommended because the light suppresses the hormone melatonin, which helps us get to sleep.
   a) True
   b) False

Answers: 1a, 2b, 3b, 4a, 5a

Useful Websites

Sleep Problems – BTN
https://www.abc.net.au/btn/classroom/sleep-problems/10522312

Why do we sleep? – BTN
https://www.abc.net.au/btn/classroom/why-do-we-sleep/10523318

Kids Sleep – BTN
https://www.abc.net.au/btn/classroom/kids-sleep/10530126

Curious Kids: What happens to our body when we sleep? – The Conversation
https://theconversation.com/curious-kids-what-happens-in-our-bodies-when-we-sleep-94301