

Health

5.PCH.1.2

Design a personal action plan for sufficient sleep and rest.

Materials Needed:

Appendix 1 – Sleep Pattern Log for each student (assigned one week before lesson)

PowerPoint: Getting Your ZZZZZs with Ease

Appendix 2 – Recommendations for Classmates about Sleep

Appendix 3 – Action Plan for Sleep and Rest

Statement of Objectives:

For the past week, you have been keeping a log of the number of hours you have slept each night. Today we will calculate how much sleep you are getting and how much sleep you need. By the end of the lesson, you will be able to design a plan for getting adequate sleep and rest.

Focus:

Assign the Sleep Pattern Log (Appendix 1) to students one week in advance of the lesson. Students are to enter the time they fell asleep and the time they awakened for each of seven days. To begin class, have students calculate the number of hours (including fractions) they slept each night by following the directions on the handout. Ask them to determine on which days they slept at least nine hours. Have them add the number of hours (including fractions) of sleep they “missed” for the week.

Teacher Input:

Now we will watch the PowerPoint presentation, **Getting Your ZZZZZs with Ease**. It will be important to notice whether the recommendations for sleep are health habits that you practice.

The PowerPoint covers basic content about

- the need for and health benefits of sleep and rest
- what is considered adequate sleep for fifth graders
- how to get better sleep and rest
- what to do if unable to sleep

Assessment:

Provide students with copies of Recommendations for Classmates about Sleep. In this activity, students will solve word problems about sleep needs. The word problems include a description of a child who may have or may not have gotten adequate sleep. For each scenario, students will recommend how much sleep the child needed. After sufficient time to answer the problems, call on students to share responses.

Distribute copies of the Action Plan for Sleep and Rest (Appendix 3). Give students time to complete their plans. After evaluating the plans, have students take them home to share with a parent or guardian.

Closure:

Today we looked at the benefits of getting enough sleep and rest. We learned that we feel better and learn better if we have sufficient sleep for growing fifth graders.

Sleep Pattern Log

Name _____

For each day, write down the time you went to bed (#1) and the time you woke up the next morning (#2). Subtract the time you fell asleep from 12:00 midnight (#3). Enter the time you awakened (#4) as the hours slept after midnight.

Be certain you include fractions: 10 minutes = $\frac{1}{6}$, 15 minutes = $\frac{1}{4}$, 20 minutes = $\frac{1}{3}$, 30 minutes = $\frac{1}{2}$, 40 minutes = $\frac{2}{3}$, 45 minutes = $\frac{3}{4}$, 50 minutes = $\frac{5}{6}$.

For row #5, add the minutes in rows #3 and 4. If you slept fewer than nine hours, enter that amount in row #6.

To add or subtract fractions with unlike denominators, replace given fractions with equivalent fractions to produce an equivalent sum or difference of fractions with like denominators. For example, $\frac{1}{2} + \frac{3}{4} = \frac{2}{4} + \frac{3}{4} = \frac{7}{4}$, or 1 and $\frac{3}{4}$.

	Example	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
1. Time You Fell Asleep	10:30							
2. Time You Woke Up	6:45							
3. Hours Slept before Midnight	1 $\frac{1}{2}$							
4. Hours Slept after Midnight	6 $\frac{3}{4}$							
5. Total Hours Slept	8 $\frac{1}{4}$							
6. Hours Less than Nine	$\frac{3}{4}$							

Did you get at least nine hours of sleep every night? _____

Most nights? _____

Recommendations for Classmates about Sleep

In each scenario, calculate whether your classmate is getting enough sleep. Make suggestions to help him or her get the rest needed for good health, energy, and success in school.

<p>Dominick stayed up late watching a favorite TV show. He went to sleep at 10:45 even though he had to wake up at 6:30 to get ready for school. The next day he did not do well on his Social Studies quiz because he could not focus well on the questions.</p> <p>How much sleep did Dominick get?</p> <p>How much more did he need?</p> <p>What suggestions do you have for Dominick?</p>	<p>Hayley is going through a growth spurt and needs lots of energy for soccer. She never drinks caffeinated drinks after 3:00 p.m. She gets her homework done early. She then has time to relax and take a bath before bedtime. Her usual bedtime is 9:15 and she wakes up at 7:00.</p> <p>How much sleep does Hayley get?</p> <p>What healthy habits does she practice to improve her sleep and health?</p>
<p>Mirabella and Shantay are best friends. They go to different schools and have little time to be together. After Mirabella goes to bed, she texts Shantay. Sometimes they continuing texting an hour past her 8:45 bedtime. When her Mom wakes her at 6:45, she feels groggy and out of sorts.</p> <p>How much sleep did Mirabella get?</p> <p>How much more does she need?</p> <p>How will lack of sleep affect her day?</p>	<p>Phil puts off doing his Science project till the night before it is to be turned in. His Dad helps him, but it is midnight before he gets to sleep. His Dad has to take him to school early, so he has to get up at 6:10. He falls asleep in Spanish class and washes his face at recess to try to stay awake.</p> <p>How much sleep did Phil get?</p> <p>How much more did he need?</p> <p>What suggestions do you have for Phil?</p>
<p>Liz and her parents got home late after a piano recital. Liz was asleep by 10:40. Her Mom let her sleep till 8:15 the next morning.</p> <p>How much sleep did Liz get?</p> <p>How will getting adequate sleep improve her mood and attention the next day?</p>	<p>Orlando can usually sleep late weekends, so he and Trey stay up late playing video games. They fall asleep about 1:20 a.m. Orlando's stepdad wakes him at 7:45 to help rake leaves.</p> <p>How much sleep did Orlando get?</p> <p>How much more did he need?</p> <p>Is it possible to "make up" for lost sleep?</p>

Action Plan for Sleep and Rest

Name: _____

1. I know I need sleep because:
2. To get better sleep, before bedtime, I will:
3. To get better sleep, before bedtime I will avoid:
4. To get better sleep, I will ask my parents to:
5. Times that I can rest and relax on school days:
6. Times I can rest and relax on weekends:
7. The “pay-off” for better sleep will be:

Signature of parent or guardian:
