

# TEK Extra!

Supplement to TIME For Kids

SLEEP WELL. DO WELL.

TEACHER'S  
GUIDE

BE A

# STAR SLEEPER

## BACKGROUND

- The “Star Sleeper” campaign is a government-sponsored initiative designed to spread the word about the importance of a good night’s sleep.
- Adequate nighttime sleep on a regular basis is important to children’s health, safety and performance. It can help them do their best in whatever they do.
- Sleep is a basic human need. It is a natural part of everybody’s life, but many people know very little about how important it is and some even try to get by with little sleep. Sleep is something our bodies need to do; it is not an option. Even though the exact reasons for sleep remain a mystery, we do know that during sleep many of the body’s major organ and regulatory systems continue to work actively. Some parts of the brain actually increase their activity dramatically, and the body produces more of certain hormones.
- Sleep, like diet and exercise, is important for our minds and bodies to function normally. In fact, sleep appears to be required for survival. Rats deprived of sleep die within two to three weeks, a time frame similar to death due to starvation.
- An internal biological clock regulates the timing of sleep. It programs each person to feel sleepy during the nighttime hours and to be active during the daylight hours. Light is the cue that synchronizes the biological clock to the 24-hour cycle of day and night.

## SLEEP ALERT

This print program coincides with the beginning of Daylight Saving Time and **National Sleep Awareness Week**®, which is March 28 to April 3. The program highlights the fact that we lose an hour of sleep when we turn our clocks forward. This lost hour can make a difference and you may notice changes in your students’ behavior this week, especially on Monday.

## DISCUSSION STARTERS

### ASK STUDENTS:

- How many hours of sleep do you think is enough? (Students should get at least nine hours each night.)
- How do you feel when you don’t get enough sleep? (Students can use the Sleep Diary on page 2 to record their sleep and help them see how they feel as a result.)
- What do you do before bed each night to help you get a good night’s sleep?
- What’s your favorite bedtime book?
- What do you have in your bedroom that might keep you from getting a good night’s sleep?



### ONLINE RESOURCE

<http://starsleep.nhlbi.nih.gov>

The Star Sleeper website is an informative place for teachers, students and parents to explore. It provides classroom materials, activities and interactive educational games.



# SLEEP DIARY

Sleep Diary for \_\_\_\_\_.

## Monday

1. Time I went to bed \_\_\_\_ Time I woke up \_\_\_\_ Number of hours of sleep \_\_\_\_

2. How tired am I this morning? (Circle one.)



1

I feel wide awake and ready to do anything.

2

3

I am awake but a little tired.

4

5

I would rather be sleeping.



## Tuesday

Time I went to bed \_\_\_\_ Time I woke up \_\_\_\_ Number of hours of sleep \_\_\_\_

1

2

3

4

5

## Wednesday

Time I went to bed \_\_\_\_ Time I woke up \_\_\_\_ Number of hours of sleep \_\_\_\_

1

2

3

4

5

## Thursday

Time I went to bed \_\_\_\_ Time I woke up \_\_\_\_ Number of hours of sleep \_\_\_\_

1

2

3

4

5

## Friday

Time I went to bed \_\_\_\_ Time I woke up \_\_\_\_ Number of hours of sleep \_\_\_\_

1

2

3

4

5

## Saturday

Time I went to bed \_\_\_\_ Time I woke up \_\_\_\_ Number of hours of sleep \_\_\_\_

1

2

3

4

5

## Sunday

Time I went to bed \_\_\_\_ Time I woke up \_\_\_\_ Number of hours of sleep \_\_\_\_

1

2

3

4

5

# READY? SET? SLEEP!

Cut along the lines.  
Hang this list on your  
doorknob or keep it  
next to your bed. See  
how many things you  
can check off before  
you hit the hay!

## I'M A STAR SLEEPER!



- I relax an hour before bedtime.
- I avoid big meals before bed because they can keep me up.
- I don't drink sodas with caffeine too close to bedtime because they can ruin my sleep.
- The temperature in my bedroom is comfortable — not too warm and not too cool.
- I turn off the lights because they can ruin my sleep. (A nightlight is okay if I need it!)
- My room is quiet because noise can keep me awake.
- I go to bed at the same time every night.



# DEAR PARENT OR GUARDIAN,

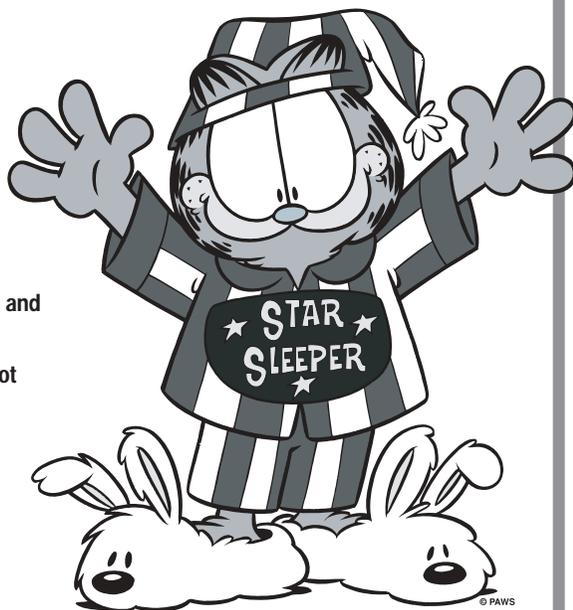
Like a healthy diet and exercise, sleep is something that we all need—especially children. A good night's sleep can help your child do his or her best in school and in other activities.

TIME FOR KIDS has teamed up with the "Sleep Well. Do Well. Star Sleeper" campaign to remind parents about the importance of adequate nighttime sleep for young children.

According to the National Heart, Lung, and Blood Institute, adequate nighttime sleep on a regular basis is important to children's health, safety and performance. Your child should be getting at least nine hours of sleep each and every night. Unfortunately, trying to "make up" for lost sleep on weekends and holidays does not remove the risks of inadequate sleep during the week.

What can you do to help your child make the most of bedtime? Try following these tips:

1. **Set a regular time for bed each night and stick to it.**
2. **Establish a relaxing bedtime routine, such as giving your child a warm bath or reading him or her a story.**
3. **Make after-dinner playtime a relaxing time. Too much activity close to bedtime can keep children awake.**
4. **Avoid feeding children big meals close to bedtime.**
5. **Avoid giving children anything with caffeine, such as sodas and chocolate, less than six hours before bedtime.**
6. **Set the bedroom temperature so that it's comfortable — not too warm and not too cool.**
7. **Make sure the bedroom is dark. If necessary, use a small nightlight.**
8. **Keep the noise level low.**
9. **Don't forget that TVs, computers, video games and other noisy gadgets in the bedroom can distract your child from a good night's sleep.**



Be sure to talk to your pediatrician about a possible sleep disorder if your child exhibits any of the following: snoring, breathing pauses during sleep, difficulty sleeping at night or staying awake during the day or unexplained problems in daytime performance.

Along with this letter and a special *TFK Extra!* hosted by Garfield, your child might bring home a "Sleep Diary" and an "I'm a Star Sleeper!" checklist/door hanger. We encourage you to take advantage of these activities. They provide wonderful ways to help establish strong sleep habits that will benefit your child throughout life.

Sincerely,

The Editors of TIME FOR KIDS

**This publication has been produced in collaboration with the National Heart, Lung, and Blood Institute, National Institutes of Health, U.S. Department of Health and Human Services.**

Garfield® Paws. All rights reserved.

**FOR MUCH MORE INFORMATION,  
FUN ACTIVITIES AND TIPS, GO TO  
<http://starsleep.nhlbi.nih.gov>**