

SLEEP ACTIVITIES FOR THE CLASSROOM

IDEAS FOR EDUCATORS

HEALTHY SLEEP ACTIVITIES

[World Sleep Day](#) is on Friday, March 17th, 2023 and the theme is *Sleep is Essential for Health*. The World Sleep Society has issued a global call to action to promote healthy sleep awareness activities for World Sleep Day.

The Health Unit would like to share both activities and additional resources that you can use to help promote healthy sleep habits to your students.

Activity 1: Sleep Tracker

- Have students record the number of hours they sleep at night. Each morning students can share how many hours of sleep they slept the previous night, for a total of 1 week. Taking the total number of hours slept by students, you will fill in the classroom thermometer to the respective number. You will repeat these steps each day until the end of the week. At the end of the week the students will be able to compare the total number of hours the students slept as a class to the total number of hours that are recommended based on the Canadian 24-hour Movement Guidelines.
 - Children aged 3-4 years need 10-13 hours every day.
 - Children aged 5-13 years need 9-11 hours every day.
 - Teenagers aged 14-17 years need 8-10 hours every day.
- To find the number of recommended sleep hours your class should aim for:
 - Multiply the recommended range by the number of students in your class and the number of days.
 - For example: 5 students in the class aged 8-9 years -> 5 students x 9 hours per night x 5 days = a minimum of 225 hours for 5 days and 5 students x 11 hours x 5 days = a maximum of 275 hours. The sleep goal for the 5 day week for 5 students aged 8-9 years would be between 225 and 275 hours.
- Use the collected data and incorporate it into the math curriculum. For example, have students graph the data and make a conclusion as to what the data is telling the class.

Activity 2: Create a Sleep Diary

- [Kids Help Phone](#) has a great example of a sleep diary students can use to track their sleep habits for 2 weeks. Students will then be able to figure out what they can do to improve their sleep through classroom discussion.

Activity 3: Sufficient and Satisfactory Sleep- Ophea Activity

- Ophea has created a [brainstorming activity](#). Students can brainstorm strategies that they can use to get enough sleep each day. Students can then share their ideas with the entire school or community through posters or social media.

Additional Resources

- [The Canadian 24-Hour Movement Guidelines](#)
- [Windsor-Essex County Health Unit Sleep Page](#)
- [Sleep Recharges You: Educator Resources](#) *American resources so the recommended hours of sleep might be differ.
- [20 Sleep Hygiene Tips and Worksheets for Kids and Teenagers](#)