**Sleep Activity**

Did you know that you spend about one third of your life sleeping? Children need about nine to 12 hours of sleep each night. Many students do not get enough sleep. Do you get enough sleep at night? How can you improve the quality of your sleep?

# Materials

* writing utensil and paper
* **PebbleGo Next** article “Sleep"

# Directions

1. Keep a sleep journal for one week. Record how long you sleep each day, including any naps. Do you recall having any dreams? Also, record all pre-sleep routines. For example, did you listen to music before you got into bed? Did you read with a sibling? Did you practice meditation or relaxation skills before trying to sleep? Include these activities in your journal as well.
2. Review and assess your sleep journal. Did you hit the goal of nine to 12 hours of sleep each night? Do you seem to have a pre-sleep routine?
3. Write a one-page plan that details a new sleep routine for you to follow. Even if you hit your goal of nine to 12 hours of sleep, you can improve the quality of your sleep by improving your routine before bed. For example, you might write that you will put all screens away at least 30 minutes before going to sleep. Perhaps you will avoid sugar two hours before turning in for the night. Refer to the **PebbleGo Next** article “Sleep" for ideas to help you formulate your new routine, but also try to come up with your own.
4. Place your plan in your bedroom and review it as you learn your new routine. Try your routine for a week or two. Then, reevaluate to see if you could make any changes to improve your sleep quality and amount.

# Critical Thinking

1. Describe the patterns you noticed after reviewing your journal.
2. How might you need to adapt your sleep plan over time?
3. Did you make any changes to your plan after a few weeks of trying it out?