

## Becoming a “Better Sleep” Detective

**Why?** Sleeping well is one key to good health. Not getting enough sleep can lead to illness, difficulty learning, trouble making healthy decisions, and mood swings that can cause problems getting along with others.

**Who?** This is a good activity for children of any age. Younger children will require an adult to help. Parents may benefit from this activity too.

**What?** Look at the following list and check off the things that you think would help you fall asleep.

- |  |   |
|--|---|
| <ul style="list-style-type: none"> <li><input type="radio"/> A comfortable place to sleep</li> <li><input type="radio"/> Listening to music</li> <li><input type="radio"/> Making the room quiet</li> <li><input type="radio"/> Making the room dark</li> <li><input type="radio"/> A set time to get into bed</li> <li><input type="radio"/> Cool temperature</li> <li><input type="radio"/> Warm temperature</li> <li><input type="radio"/> A warm bath or shower</li> </ul> | <ul style="list-style-type: none"> <li><input type="radio"/> Reading a paper book on your own or with your family (not on a tablet or other electronic device)</li> <li><input type="radio"/> Sipping a cup of tea or a warm glass of milk</li> <li><input type="radio"/> Writing down 3 good things you remember about your day</li> </ul> |
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**Now,** think about the things that may get in the way of falling asleep or staying asleep. Check off the ones that apply to you.

- |  |   |
|--|---|
| <ul style="list-style-type: none"> <li><input type="radio"/> Too much noise</li> <li><input type="radio"/> Too much light</li> <li><input type="radio"/> Studying or working on homework right up until bedtime</li> <li><input type="radio"/> Worries about family, friends, school, your health, and other things</li> <li><input type="radio"/> Your mind racing</li> </ul> | <ul style="list-style-type: none"> <li><input type="radio"/> Using your cell phone or tablet to play games or get online</li> <li><input type="radio"/> Texting with friends</li> <li><input type="radio"/> Having to go to the bathroom</li> <li><input type="radio"/> Watching TV or having the TV on all night</li> <li><input type="radio"/> Too cold</li> <li><input type="radio"/> Too war</li> </ul> |
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**Next,** choose 3 things you can do to help you sleep better from the lists above:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Finally,** choose a start date and keep track of how rested you feel when you wake up. Try this as an experiment for 3 weeks and see what you notice.

Share your plan with your family (and friends) and tell them how they can help you as you conduct this experiment. For example, you may want to tell your friends you’re not going to check your phone between certain hours (protect this as your sleep/rest time).

Parent Initials \_\_\_\_\_