

How to get a good night's sleep?

By: Shufen Wei, Waikit Tsang

Learning objectives

By the end of this lesson, students will be able to:

- Define what the sleep is and describe the stages of sleep.
- Know how many hours of sleep are required at different ages.
- Understand why having a good sleep is matter and describe the consequences of having poor sleep
- Describe 4 ways that can help you get a good night's sleep.

Step 1: Pre-class Activities

[In Pre-class activities, two media objects will be involved in. One is a screenshot about “sleep diary”. Another one is a website for News reports. The screenshot is created by Wechat. Because Wechat has a screenshot tool. And that can help students understand what a sleep diary looks like. The news report was embedded by copying the url link. Reading a news report on the internet can improve student’s digital literacy]

a) Create your personal sleep diary (5 mins)

In this activity, students are going to complete a sleep diary about their last night's sleep. After that, they are going to be divided into groups, and share how their last night's sleep went and how they feel this morning.

Material: “Sleep Diary” (worksheet)

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Day of the week:						
I went to bed at:						
AM / PM	AM / PM	AM / PM	AM / PM	AM / PM	AM / PM	AM / PM
I woke up at:						
AM / PM	AM / PM	AM / PM	AM / PM	AM / PM	AM / PM	AM / PM
Last night, I slept for ___ hours:						
Last night, it took me about ___ minutes to fall asleep:						
I felt that the quality of my sleep was: e.g. very good, good, bad, very bad						
This morning, I feel: e.g. refreshed, tired, groggy, alert						
My sleep was made more difficult by: e.g. temperature, noise, dreams, thoughts, not feeling tired, discomfort						
During the night, I woke up ___ times:						

<https://www.therapistaid.com/worksheets/sleep-diary.pdf>

A sleep diary is a daily record of how you sleep. It can help you to track your sleep patterns over a period of time; make you more aware of your own sleep habits, and also will be an important complement to your sleep disorder evaluation.

b) **Reading**

In this activity, students are going to read a news report about sleep problems among college students. Then, they are going to share their thoughts with group members .

Link:

<https://www.zmescience.com/science/two-thirds-college-students-lack-sleep-89273553/>

Step 2 : Introduce to The Main Topic of Today

Sleep is undoubtedly one of the most essential requirements for the human body to function properly. The quality and quantity of sleeping will directly affect our mental and physical health. In this lesson, we are going to cover the following areas to help students understand why we need a good sleep and know how to get a good sleep.

- Definition of sleep.
- The stages of sleep.
- Daily sleep allotment hours for different age
- The importance of having good sleep.
- The consequences of getting a poor sleep.
- Foods that help or harm your sleep.
- Good bedtime Routine before sleep.

Step 3: In-class Instruction.

[In this part, there are lots of multimedia elements that need to be inserted. Two online images that described the stages of sleep and daily sleep requirement; infographics about consequences of having bad sleep & good bedtime routine. Finally, a slide presentation in video form. Because when the text and graphics show together; and the words of a multimedia presentation are in conversational style rather than formal style, students could learn better. The two infographics are created by Canva. The video is made by a powerpoint and quick time player. After I record the slide show, I use a quick

time player to do the screen recording. Then, edit the video with the video editor. Finally, the video will be created.)

Presenter slides:

https://docs.google.com/presentation/d/1BiM6Ty-RcA24bi6HojDHHG1Ctk_o5FyXLq_ah8lqbHFs/edit#slide=id.g10326249331_2_5

Video Link:

<https://www.youtube.com/watch?v=vOIA1ltCzIA>

-) What's sleep? (Text only)

Sleep is a naturally recurring state of mind and body, characterized by altered consciousness, relatively inhibited sensory activity, reduced muscle activity and inhibition of nearly all voluntary muscles during rapid eye movement (REM) sleep and reduced interactions with surroundings.

Sleep occurs in repeating periods, in which the body alternates between two distinct modes: REM sleep and non-REM sleep.

-) 4 stages of Sleep (Image and Text)

Sleep has been divided into 4 stages, they are **awake sleep (stage 1)**, **light sleep (stage 2)**, **deep sleep (stage 3)**, and **REM sleep (stage 4)**. Stages 1 to stage 3 are considered as **Non-rapid eye movements (NREM)**. Stage 4 is considered as **Rapid eye movement (REM) sleep**.

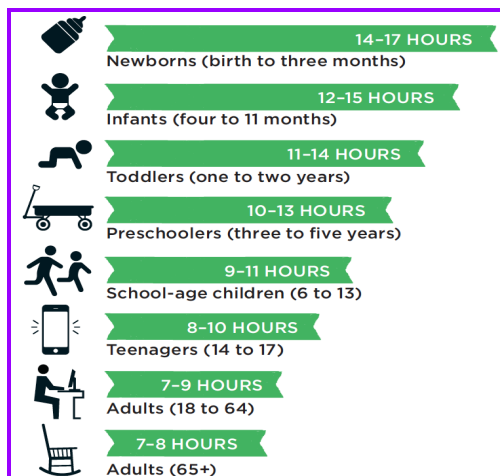
Each stage of sleep plays a different role in maintaining your brain's cognitive performance and preparing your body for the next day.

(*The detail information is attached below)



-) Daily requirements of Sleep (Image only)

For most adults, at least seven hours of sleep is needed for proper cognitive and behavioral functions. Our daily sleep requirements for different age groups are listed at below:



-) **Why do we need a good Sleep? (Text only)**

According to the National Sleep Foundation (NSF), sleep is essential for a person's health and wellbeing. Because when you sleep, it's not just resting your body and brain, the body repairs itself as far as possible (Khan, 2021). If you have poor sleep, it can increase the risk of having poor health, and poor health can make it harder to sleep (Mental Health Foundation). That's why it's important to make sure we get a good quality of sleep.

-) **What's the consequences of having poor Sleep? (Infographics only)**

There are 6 common health problems that can be resulted from having bad sleep, please check the infographic that is attached below.



-) **How to get a good sleep? (Slide presentation in video form)**

Presenter slides

https://docs.google.com/presentation/d/1BiM6Ty-RcA24bi6HojDHHG1Ctk_o5FyXLqah8lqbHFf/edit#slide=id.g10326249331_2_5

video link:

<https://www.youtube.com/watch?v=vOIA1ItCzIA>

Step 4: Post-class homework & Course feedback

[This activity will include one media object, which is an online survey about this class. The survey is created by google docs. And the purpose of assignment and course feedback is to give students an opportunity to be active learning. On the other hand, student's learning outcome and feedback about instructor's teaching skill could be provided by assessments)

a) **Assignment (Text only)**

Students are going to apply one of the strategies that they learned today, and use "Sleep diary" to track their sleep for 7 days. Then, they are going to write a short personal reflection about how they feel after using some strategies that can help them sleep, and considering the benefits of good sleep based on their personal experience.

b) Class Assessment (Online evaluation)

https://docs.google.com/forms/d/e/1FAIpQLSdSywABzdW5B6Y1jEkf4P7IXYSWH36vzpm7ulmXeyud9A35wQ/viewform?usp=sf_link

Step 5: Optional Post-class reading

Link:

<https://my.clevelandclinic.org/health/articles/11429-common-sleep-disorders>