

## **Basics: Enough sleep**

**Approximate time:** 20 minute tutor time session

**Materials:** Whiteboard, whiteboard marker pens or projector onto whiteboard

**Aim/outcome:** To explore different times students go to sleep and why it is important to get enough sleep

### **Explanation:**

This is a group discussion about different times students go to sleep

- On whiteboard write 8pm at the start of a time line and 8am at the end of it. Ask students to mark on the whiteboard what times they regularly go to sleep and what time they wake up.
- Once everyone has marked what time they go to sleep and wake up ask students to observe the different times people go to sleep and wake up.
- Are the times similar? What do they think the best time is to go to sleep and why? Do students go to sleep straight away or do they sit and read or listen to music in bed? How do they feel if they go to sleep at different times - earlier or later than usual? What is the average amount of sleep that they need? How do they feel when they have not had a good night's sleep?

### **Expansion activity:**

Ask students to keep a diary of what time they went to sleep and what time they woke up for a week. Ask students to note how they felt when they did not get enough sleep and when they had too much sleep.

### **One-to-one:**

This exercise can be used one-to-one. Ask students to map out what time they regularly go to sleep and what time they regularly wake up. Then discuss some of the questions above.

**Students say:** Students say that some students do have problems going to sleep due to depression or stress. Students suggest that it is important not to draw attention to this and that if students wish to talk about not being able to sleep then that is ok but do not force students to talk about this issue in front of the class.