

# WHAT'S ON YOUR MIND? WITH DR ALEX: FOLLOW UP DISCUSSION POINTS & ACTIVITIES



## SLEEPING

### Discussion: Thinking about sleep

Discuss any of the following questions:

- How would you define good quality sleep?
- Why can sleeping be difficult?
- How would someone know they have slept well?

Further questions:

- What are the main factors that impact sleep?
- How might someone's sleep change with different circumstances?
- What does a good sleep routine look like to you?



### Activity 1: Design an app to help with sleeping

- Can you help design an app or a podcast to support young people struggling with their sleep?

Success criteria...try to include:

- An explanation of how either bedtime routine, bedroom environment or daytime routine benefits sleep.
- Suggestions on how to build opportunities for rest and downtime.
- Strategies for how someone could improve their quality of sleep.
- Advice on what to do if someone's quality of sleep does not improve.

### Activity 2: Positive bedroom environment

- Draw an image of a positive bedroom environment and annotate it with notes on what makes good quality sleep.

### Activity 3: The importance of routine

- Create a poster of ways to encourage students to use less technology in their bedtime routine that could be put up around school or published in a school magazine.