



Sleep Experiment

We learned that light from our devices can trick our brains into thinking it's daytime!

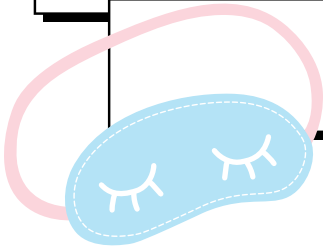
Try this experiment with your friends or class.



Group	Screen Time	Report
Group 1	No Screen Time from 6pm	
Group 2	Screen Time until 1hour before bed	
Group 3	Screen Time until 20minutes before bed	
Group 4	Screen Time until Bed Time	

SLEEP EXPERIMENT RESULTS

Questionnaire



Group You Were In:

Was this Screen Time More or
Less than you would usually have?

In your own words describe how you found getting to sleep that night?

Do you think the amount of Screen Time had a good or bad affect?

Will you change anything about your Screen Time habits before bed?

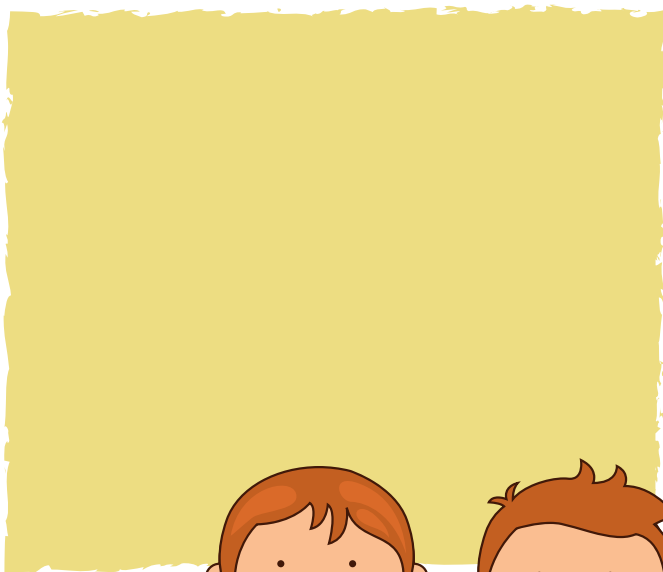
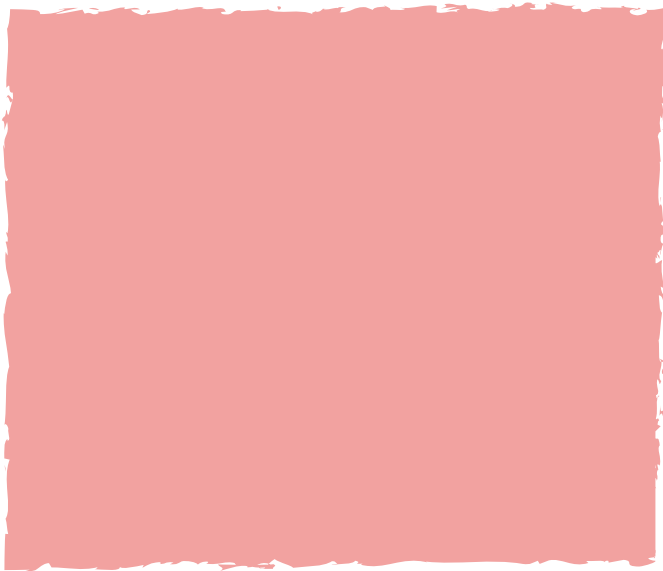
Draw how you felt the next day

A large empty rectangular box for drawing.

Your Sleep Routine

Draw 3 parts to your own sleep routine each night.

In the last box draw a new thing you can add or change in your routine based on what Dr Naomi taught us this week.



What I can add/change about my sleep routine





WORD SEARCH

Find these Sleep related words in this word search, circle a word each time you find it!

W D W B L X U R C M N O M W I D H S S U
Y I E C D X K V E A Y Y E G K M E M L O
S M V H A A N H U E E Q M W M Y A K E N
N T G U S W R U H R N Q P Z Q M L H E Z
Z M O D J E I M A D U E A Y R F I I P N
R E H S A W R P M E M O R Y Q T N F E C
D V P D D R H F Q L M P E E L S G N T K
R F I M W A H O E C I R S J D S T K R G
P S U K E B O K P R L I M P Q N W B F N
H N U F L R V V M X W E F R Q R G M A T
M S G B W H S I B T T L A N G P J I X J
E E I A M R E L Y S Q Q F N M Z D E X O
W P L S M X P Y Y C U S R H I A W G O Z
Q W M A N F I S S L E E P N C N A O D D
O C I E T V P B V Z C Z W R Y W G E L W
T D L V R O S Q L X W W I O H Y E S A M
H B Q I M V N I Z Y M C N K I P D M J I
D V S J G O T I C R H Y T H M B S D G O
B H S G D H X C N D Q G R Q H P Q Z M X
B L E P J K T R F L M G T L T B G A V T

Sleep Dish Washer Toxins Immune System
Cleaning Refreshed Memory Melatonin



Sleep Stages Deep Sleep Circadian Healing
Light Sleep REM Dreams

