



Sleep well ideas



Set a challenge to reduce screen time before bed. Suggest replacing screen-based activity in the hour before bed with an activity such as reading a printed book, socialising with family or playing a board game.



Task pupils to keep a 'sleep diary' during the Week. They should record the time they go to bed and the time they wake up in the morning. They can use the [My sleep diary](#) worksheet to help them with this. As an extension task, they could work out their average sleep per night (in hours) over the Week.

Pupils could be tasked to produce their own 'wind down' playlist for shortly before they go to bed. Play samples of the music to the pupils and ask them to vote on the music that they think would be most likely to help them relax before bedtime.



Challenge the class to try and go to bed and wake up at the same time each day for a week. Ask them to record the time they go to sleep and wake up each day.

Task pupils to create a story board about a good bedtime routine and the benefits of getting a good night's sleep.

