

## Be a Sleep Star

### Monthly Campaign Bulletin Board:

#### Theme:

The concept for this bulletin board is to teach students about developing healthy sleep habits. The idea is to have students in your school community become “sleep stars” by taking the information from the bulletin board and having them draw a picture of themselves demonstrating healthy sleep habits.

#### Bulletin Board Example:



#### Classroom Instructions:

Have a discussion with your class about the importance of sleep within a healthy lifestyle. Ask students if they know how many hours of sleep they should be getting every night. Follow-up by asking students how much sleep they got last night. Finally, ask students if they have a bedtime routine and talk about how a regular bedtime routine can help us get the sleep we need each night.

**Bulletin Board Instructions:**

On the bulletin board, there are six yellow stars that will have tips about how to develop healthy sleeping habits (sleep hygiene). The 6 tips are below. There are also blank orange stars that you would create to give to students to draw themselves or write about their healthy sleep habits. Try having each student in a class make their own orange star and put in on the bulletin board so they can all be involved.

**The six facts about sleep hygiene:**

1. *Your body is like a battery-operated machine. You need to recover from all the work and play that you do during the day. You need 10-11 hours of sleep everyday to fully recharge your batteries for the next day's activities!*
2. *Instead of watching TV or playing video games before you go to bed, try reading a book or drawing a picture to help relax and "power" down your brain for the evening. If you have a TV or computer in your room, turn it off before you try to go to sleep.*
3. *Do you have a favorite way of helping you fall a sleep? Have you ever tried slowly counting or breathing steadily? You could imagine counting sheep slowly passing by, if you like. (That's why they call it counting sheet!) Or you could alternately tighten and relax your muscles while you breath slowly.*
4. *Having a healthy snack a couple hours before bedtime will keep your tummy full through the night. Sugary snacks or beverages with caffeine, such as pop, will keep you awake and make it hard for you to become a Sleep Star!*
5. Develop a bedtime routine you follow each day. Just like brushing your teeth each day, you should try to go to bed at the same time each day.
6. Not only does sleep give you energy to play, but it also is a time for the body to heal. So make your room quiet, dark and cool to try getting some extra sleep to help your body recover faster.

