**Teachers’ notes**

**Health and Wellbeing The Importance of Sleep B1.2**

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| **Learning outcomes**A bed covered in a blanket  Description automatically generatedBy the end of the lesson students will have:* discussed the importance of sleep
* looked at some of the consequences of not having enough sleep
* talked about some of the key problems of oversleeping
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| **Materials**Student handout / PPTText All About Sleep (Appendix 1) Information cards (Appendix 2)All images taken from Pixabay.com |

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| **Time** | **Procedure** | **Materials** |
| **5 minutes** | * Display and clarify lesson objectives.
 | **PPT** |
| **10 – 15 minutes** | * Show students slide 2 and elicit reasons for not sleeping well or getting a good night’s sleep. These could be added to the slide. Then, display the following:

*80% of teenagers don’t get the right amount of sleep in Europe.* * Ask students why they think this is and whether or not they are surprised by this percentage. Do they think this percentage is likely to be the same all over the world? Why? Why not?
* Set up Activity 1. Tell students they are going to find out about each other’s sleep patterns.
* Conduct whole class feedback. What conclusions can the class draw from their findings?
 | **Board****PPT****Activity 1** |
| **10 minutes** | * Give students Activity 2 the pre-reading task to do. Do not go through the answers. Tell them they will find out if they are right after they read the text.

**[Answers:**1. *Infants (12-15 hours per day)*

 *Teenagers (8-10 hours per day)* *Adults (7.5-8.5 days per day)*1. *This is not specifically stated in the text but based on how much is said about the importance of sleeping when you are growing up, it would suggest that sleep is more important when you are younger.*
2. *Sleep is important for many reasons, but the five reasons given in the text are: to help with growth; to help with weight; to reduce the chance of having accidents; to help with concentration; to help strengthen the immune system.*
3. *You could become overweight; have more accidents and you increase the chance of getting sick.*
4. *Oversleeping can cause people to become overweight and can also cause diabetes.]*
 | **PPT** **Activity 2** |
| **10 – 15 minutes** | * Give students copies of the text. Ask students to read the text and match the paragraph headings to the paragraphs. When they have done that, they can then check to see if their answers were right or not.
* Ask them to compare their answers in pairs and discuss the vocabulary matching questions

**[Answers:***A)-.3), B) -1), C) -5), D) – 4), E)- 2)***Vocabulary Matching***‘very important’* ***Introductory Paragraph*** *critical****Paragraph A*** *essential* ***Paragraph E*** *vital* ***‘****not enough’****Paragraph B*** *lack* ***Paragraph C i****nsufficient* ***Paragraph D*** *inadequate*]* Rather than conduct whole class feedback, display the answers so students can check them independently of you.
 | **Activity 3****Copy of the text****PPT** |
| **10 minutes** | * Group students and give them a set of information cards. Ask them to discuss the problems of oversleeping making reference to the information in the text.
* Depending on time you may just want to discuss a few of the problems during whole class feedback
 | **Activity 4****Information cards** |
| **5 minutes** | **Reflection*** Students can reflect on the questions individually or discuss them with a partner.
* Conduct whole class feedback
 | **Activity 5****PPT** |

**Health and Wellbeing The Importance of Sleep**

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| **Learning Outcomes** A bed covered in a blanket  Description automatically generatedBy the end of the lesson you will have: * looked at the importance of sleep
* identified some of the problems of not having enough sleep
* discussed some of the problems of sleeping too much
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**Activity 1: How much sleep do we need?**

Ask your partner about their sleep patterns. Make a note of their answers. 

**Find out:**





**Activity 2: Why do we need sleep?**

Answer the pre-reading questions below.

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| **Pre-reading:**1) How many hours of sleep do these people need? Write your answers under each picture.

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| --- | --- | --- |
| Bebe, Nenen, Child, Sleeping, Baby | Teen, Sleeping, Girl, Relax, Lying | Woman, Asleep, Girl, Sleep, Dreams, Face |
| Infants | Teenagers | Adults |
|  |  |  |

1. Is sleep more important when we are younger or older?
2. Why is sleep so important?
3. What happens if we do not get enough sleep?
4. What can happen if you oversleep (sleep longer than you plan without waking up)?
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**Activity 3: Sleep**

 **3.1** Read the text, **All About Sleep,** to check your answers to the pre-reading.

**3.2** Match the paragraph headings to the paragraphs.

|  |  |
| --- | --- |
| 1) Keeping the kilos off2) Keeping diseases away3) Keeping growing4) Keeping focussed5) Keeping the risks down | A)B)C)D)E) |

 **3.3 Synonyms**

Which word means ***very important*** in the Introductory Paragraph……………………………...

 Paragraph A ……………………………...

 Paragraph E ……………………………...

Which word means ***not enough*** in Paragraph B ……………………………...

 Paragraph C ……………………………...

 Paragraph D……………………………...

Compare your answers with your partner.

**Activity 4: What do you think?**

Look at the information cards. Use the information from the text to discuss the problems of oversleeping.

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| **Glossary****retirement** - to leave your job and stop working because you have reached an age when most people do this (usually when you are old) **to drop** - to let something fall**to tend to so something** - to be likely to do something, have or for things to happen in a certain way**impact** - a strong effect on something or someone**the immune system** - a system in our body that protects us against illness**concentration** - thinking carefully about something and nothing else **diabetes** - an illness in which the body can’t control the amount of sugar in the blood |

 **Activity 5: Reflection** 

1 What surprised you the most?

2 In your opinion, whichof the 5 reasons for making sure you get enough sleep is the most important?

3 Do you think young people find it difficult to sleep where you are from? What help is there for people who have difficulty sleeping?

4 Do you think people feel comfortable talking about having sleep problems? Do you think this is the same for all areas and all countries in Europe? What about in other parts of the world?

**Appendix 1**

**All About Sleep**

Studies show that sleep affects our health in many ways and when we are young, it is critical we get enough. Newborn babies need approximately 12-18 hours sleep, infants between 12-15 and this continues to decrease as we get older. When we are in our teens, we only need 8-10 and then slightly less (around 7.5 - 8.5 hours) when we reach adulthood. By the time we reach retirement age we can manage on around 7-8 hours per night. So why is sleep so important and why is it particularly important when we are young?

**A) …………………………..**

Firstly, sleep is essential for growth. Babies produce a very important chemical when they are sleeping. More than half of their day is spent asleep as this is when the most growth takes place.

**B) …………………………..**

After the age of one a lack of sleep can start to cause weight problems. Research shows that children who do not get enough sleep tend to be overweight. There are several reasons for this but one of them is that children who have not had enough sleep are usually too tired to do much exercise. Interestingly, adults who oversleep also tend to become overweight.

**C) …………………………..**

Another interesting fact about children who get insufficient sleep is that they tend to have more accidents. Sounds a little strange but it is true. They drop things more, they are less careful and as a result they have more injuries than children who get the required amount of sleep.

**D) …………………………..**

Also, not enough sleep can have a huge impact on children’s studies at school. Inadequate sleep can result in problems with concentration. Studies show children who do not sleep enough cannot concentrate as long as those who do.

**E) …………………………..**

Sleep is also vital for the immune system. This is the body’s defence system and when we do not get enough sleep, we have a higher chance of getting sick. Adults who sleep fewer than seven hours a day are three times more likely to get a cold than those who get eight hours sleep. At the same time, too much sleep can also cause health problems such as increasing your chance of developing diabetes.

**Appendix 2**

**Information cards for Activity 4**

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| --- | --- |
| **Depression****Oversleeping can make people feel a bit unhappy and quite down** | **Tiredness****Oversleeping can make people feel more tired than when they went to sleep** |
| **Heart disease****People can get heart disease for many reasons and regular oversleeping is one of them** | **Infertility****Oversleeping every day can make it more difficult for some women to get pregnant** |
| **Headaches****Oversleeping can make some people have headaches when they wake up and during the day** | **Memory problems****Oversleeping can make people forgetful. People can forget very simple things like where they parked their car** |