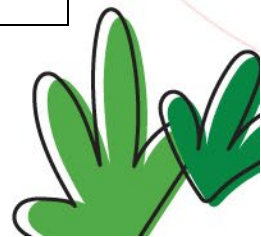
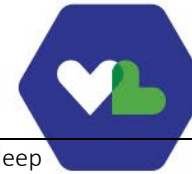




## HOW TO SLEEP

Introduction	Laying in bed awake, not being able to sleep and waking up way too early in the morning and feeling like you have no energy to start the day. What is sleep? And why does it have such a large impact on our mood, concentration, and attention span?
Objective / teachers' goal	Talk about sleeping and let them know how you can sleep better.
Relation to competence framework <a href="#">INTRODUCTION TO THE VITALITY COMPETENCE FRAMEWORK copy (vitalityforthefuture.eu)</a>	
Dimensions (check the dimensions and related aspects below) <input checked="" type="checkbox"/> Bodily functions <input type="checkbox"/> Mental wellbeing <input type="checkbox"/> Meaningfulness <input type="checkbox"/> Quality of life <input type="checkbox"/> Participation <input type="checkbox"/> Daily functioning	
Materials	Diary sleeping Documentary 6 doctors Classroom
Approach	<p><b>Description Workshop: How to sleep...</b>  <b>2<sup>nd</sup> year students 2 hours (also possible for 1<sup>st</sup> years, 1 hour)</b></p> <p>Laying in bed awake, not being able to sleep and waking up way too early in the morning and feeling like you have no energy to start the day. What is sleep? And why does it have such a large impact on our mood, concentration, and attention span?</p> <p>During the workshop we discuss the different stages of sleeping, do morning and evening people really exist, and why are we wide awake in the evening while we felt like we could take a nap during the day?</p> <p>Sleeping is way more than just 'closing your eyes and sleeping'. What can we do to make sure we increase our sleeping quality instead of 'counting the hours we sleep'? In other words, how can we get a good night of sleep, what can we do ourselves to improve this, and what are facts and myths about sleeping?</p> <p><b>Content</b>          Introduction: theoretical part</p> <ul style="list-style-type: none"> <li>• What is sleep?</li> </ul>





- Sleep quality – REM sleep and deep sleep
- Sleep cycle and stages of sleep
- Wake – sleep rhythm (circadian system)
- Sleep disruptors and sleep enhancers
- Tips and tricks
- Facts and myths

Practical – exercises during the workshop

- Fill in 'Sleep diary'
  - Time going to sleep and waking up
  - Nutrition
  - Drugs and medication
  - Thoughts
  - Light and darkness
- Sleep insomnia
  - Problems going to sleep
  - Problems with staying asleep
  - Waking up a lot
  - Waking up early
  - Night terrors, sleepwalking, dreams, and gritting teeth

**Sleep diary**

1. Fill in this sleep diary every day during the two upcoming weeks. Write down the date, day and type of day (working day, school, free day or holiday) following by C, A, N, D, M, ↓ or ↑

2. Colour all boxes where you think you have slept during the night or day. Leave empty the boxes where you think you have not slept. The times you have been asleep can be an estimation.

3. Do not go checking the time every minute of the day to fill in this diary.

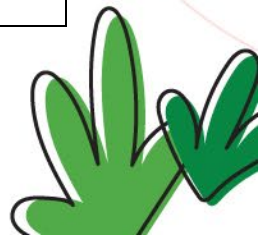
C = Caffeine intake (coffee, tea, soft-drinks)

A = Alcohol intake

N = Nicotine intake (cigarettes, cigar)

D = Intake other substances for pleasure (drugs)

M = Medication intake





	↓ = Moment you turn off the lights ↑ = Moment you get up  Note ALL medication you take ...
Type of activity (workshop, assignment, quiz, debat, presentation, etc.)	Presentation and assignment
Duration	2 hours
Final goal (learning outcome)	Sleep better





Spiderweb Positive health

<b>Dimension/Aspects</b>							
<b>Bodily functions</b>	Feeling healthy	Fitness	Complaints and pain	Sleep	Food	Condition	Exercise
<b>Mental well-being</b>	Remember	Concentrate	Communicating	Being cheerful	Accepting yourself	Dealing with change	Sense of control
<b>Quality of life</b>	Enjoy	Being happy	Balance	Feeling safe	How you live	Get by with your money	Feeling comfortable with yourself
<b>Social participation</b>	Social contact	Be taken seriously	Doing fun things together	Belonging	Doing meaningful things together	Support from others	Interest in society
<b>Daily functioning</b>	Taking care of yourself	Knowing your limits	Knowledge of health	Dealing with time	Dealing with money	Being able to work	Being able to ask for help
<b>Meaning</b>	Meaningful life	Zest of life	Wanting to achieve deals	Have confidence	Accept	Gratitude	Keep learning





**VITALity**  
for the future

## Sleep diary - work form

And see below the 6 best doctors

The precursor of our sleep hormone Melatonin



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sleep guidance

**Sleeping Diary**

1. Complete the sleep diary every day for two consecutive weeks.  
Record the date, day and type of day (work, school, day off or holiday), followed by C, A, N, D, M, J, and 1'.
2. Colour all boxes in which you think you slept at night or during the day.  
Leave the boxes blank where you were awake at night or during the day. Just estimate the times when you were asleep or awake.
3. Do not look at the clock every moment to fill in the sleep diary.

**EVENING/NIGHT**

**MORNING**

**AFTERNOON**

Date	Day	Type of day	19u	20u	21u	22u	23u	24u	1u	2u	3u	4u	5u	6u	7u	8u	9u	10u	11u	12u	13u	14u	15u	16u	17u	18u
Example	Monday	Work			A	M	↓								↑	C				C						

**WEEK1**

.../.../...																										
.../.../...																										
.../.../...																										
.../.../...																										
.../.../...																										
.../.../...																										

**WEEK2**

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.../.../...																										
.../.../...																										
.../.../...																										
.../.../...																										
.../.../...																										

List here ALL (including over-the-counter) medication you are taking:



Name patient ..... Date .....



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