

The Race To Sleep



Print this sheet out and cut out as many counters as you need, so that each participant playing 'The Race To Sleep' has one counter.



The next couple of sheets consist of the Behaviour Cards which participants will pick at random to find out how many steps they can move forward...or backward!



Go forward 3 steps.

You take a walk in the park at lunchtime.

Keeping active during the day tires out your body, and exposes you to natural light, making you ready for a good night's sleep which helps you recover for the next day.



Go back 2 steps.
You are online gaming until late.

Electronic devices emit blue light disrupting your sleep by making your body think it is daytime, so it stops producing melatonin (sleep-promoting hormone). The content of some games can be alerting, making it harder to get to sleep.



Go back 1 step.

You take a call on your mobile at midnight.

An hour of wind down time is needed to relax your body in readiness for a good night's sleep. Blue light emitted from the screen of your phone can disrupt your sleep cycle.



Go forward 3 steps.

You pack all your electronics away an hour before bed and listen to relaxing music instead.

Electronic devices emit blue light disrupting your sleep by making your body think it is daytime, so it stops producing melatonin (sleep-promoting hormone). And winding down before bed will mean a good night's sleep.



Go back 1 step.

You're stressed because you forgot to do your homework.

An hour of wind down time is needed to relax your body in readiness for a good night's sleep. If you are stressed your muscles may be tense and your heart may be racing which can stop you from falling asleep.



Go back 2 steps.

You have an energy drink after dinner whilst studying.

Energy drinks contain caffeine (stimulant) that disrupts the production of melatonin (sleep-promoting hormone) and promotes the production of adrenaline, making you feel more alert.



Go forward 3 steps.

You walk to school in the morning.

Keeping active during the day tires out your body, ready for a good night's sleep which helps you recover for the next day.



Go forward 3 steps.

You go for a swim after school.

Keeping active during the day tires out your body, ready for a good night's sleep which helps you recover for the next day.



Go back 1 step.

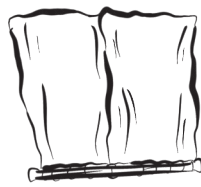
You get ready for bed in the bathroom with bright background lighting.

Artificial light disrupts your sleep by making your body think it is daytime, so it stops producing melatonin (sleep-promoting hormone).



Go back
1 step.

You fall asleep on the bus home from school.



Go forward
3 steps.

Your bedroom is quiet and dark, with good curtains/blinds.



Go back
1 step.

You have a TV, computer or games console in your bedroom.

This means you are not getting enough 'good quality sleep'. It is best not to nap during the day as this confuses your body, disrupting the sleep cycle making it harder to sleep at night.

It is best to sleep in the dark as artificial light disrupts your sleep by making your body think it is daytime, so it stops producing melatonin (sleep-promoting hormone).

Electronic devices emit blue light disrupting your sleep by making your body think it is daytime, so it stops producing melatonin (sleep-promoting hormone). The content of these can be stimulating making it harder to sleep.

Go back 1 step.



You lie down to rest and nod off for an hour.



Go forward
3 steps.

Your bedroom is just the right temperature (18-21 degrees C).



Go back
1 step.

Your bedroom is too hot (25 degrees C).

It is best not to nap for so long during the day on your bed as this can confuse your body and disrupt your sleep cycle making it harder to sleep at night.

During sleep your body temperature decreases. Your room needs to be at a suitable temperature so your body temperature can decrease enough so you can get to sleep.

During sleep your body temperature decreases. Your room needs to be at a suitable temperature so your body temperature can decrease enough so you can get to sleep. Too hot, and you will wake up.

Go back
1 step.



Your bedroom is too cold (15 degrees C).

Go forward
3 steps.



You go to bed at the same time every night.



Go forward
3 steps.

You turn off your TV, computer games and loud music at least an hour before bedtime.

During sleep your body temperature decreases. Your room needs to be at a suitable temperature so your body temperature can decrease enough so you can get to sleep. Too cold, and you will wake up.

A daily routine where you go to bed and get up at the same time can help strengthen your body clock (circadian rhythm) so you can get a better night's sleep.

Electronic devices emit blue light disrupting your sleep by making your body think it is daytime, so it stops producing melatonin (sleep-promoting hormone). And winding down before bed will mean a good night's sleep.

Go back
2 steps.



You drink a cup of tea
before bed.

Some teas contain caffeine (stimulant) that disrupts the production of melatonin (sleep-promoting hormone) and promotes the production of adrenaline, making you feel more alert, and less likely to fall asleep.

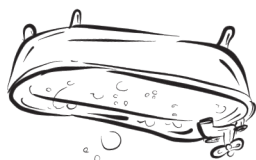
Go back 2 steps.



You have a cup of
coffee before bed.

Coffee contains caffeine (stimulant) that disrupts the production of melatonin (sleep-promoting hormone) and promotes the production of adrenaline, making you feel more alert, and less likely to fall asleep.

Go forward 3 steps.



You have a warm,
relaxing bath before bed.

An hour of wind down time is needed to relax your body in readiness for a good night's sleep.

Go back 1 step.



You smoked a cigarette
in the evening.

Cigarettes contain nicotine (stimulant) that disrupts the production of melatonin (sleep-promoting hormone) and makes you feel more alert, and less likely to have a good night's sleep. Smoking can promote snoring and breathing pauses while sleeping.

Go back
2 steps.



You drink wine
every evening.

Drinking alcohol helps you to fall asleep quicker but your sleep is broken and you spend less time in 'deep' sleep during the night and so you wake up feeling groggy. Alcohol can promote snoring and breathing pauses while sleeping.

Go forward
3 steps.



You don't drink any
fizzy drinks before
bedtime.

Some fizzy drinks contain caffeine (stimulant) that disrupts the production of melatonin (sleep-promoting hormone) and promotes the production of adrenaline, making you feel more alert, and less likely to fall asleep.

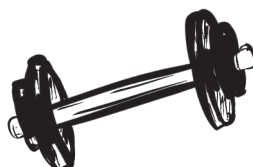
Go forward
3 steps.



You wake up the same
time every morning.

A daily routine where you go to bed and get up at the same time can help strengthen your body clock (circadian rhythm) so that you can get a better night's sleep.

Go forward
3 steps.



You make sure you
don't exercise too
close to bedtime.

Keeping active during the day tires out your body, ready for a good night's sleep which helps you recover for the next day...
...but you need an hour of wind down time to relax your body before bedtime. Exercising too close to bedtime can increase cortisol levels making it harder to sleep.

Go back 2 steps.



You had a heavy meal
before bedtime.

Your body needs at least 2 hours to digest dinner before you go to sleep. If you eat just before going to sleep you may feel uncomfortable and find it difficult to relax.

You have a different time to wake up every day.

6:00
7:15
Go back 1 step.

You take lots of naps during the day to make up for constant bad night's sleep.

Go back 1 step.

You felt a little sleepy during the day, so you took a quick power nap of 15 minutes.

Go forward 3 steps.

A daily routine where you go to bed and get up at the same time can help strengthen your body clock (circadian rhythm) so that you can get a better night's sleep.

It is best not to nap during the day as this can confuse your body and disrupt your sleep cycle making it harder to sleep at night.

15-minute naps can help improve your alertness in the short term but napping too close to bedtime can make it more difficult for you to fall asleep.

You answered some 'important' emails on your smartphone while lying in bed.

Go back 2 steps.

You go to bed before you are sleepy.

Go back 1 step.

You had a piece of toast before bedtime, because you were hungry.

Go forward 3 steps.

Electronic devices emit blue light disrupting your sleep by making your body think it is daytime, so it stops producing melatonin (sleep-promoting hormone). And winding down before bed will mean a good night's sleep.

Going to bed before you are sleepy means you have not built up enough sleep pressure during the day and your body is not ready to sleep. This can lead to insomnia.

Being hungry can make it just as difficult to sleep as being full of an undigested big meal.

You are online gaming until late.

Go back 2 steps.

You lie down to rest and nod off for an hour.

Go back 1 step.

You have a warm, relaxing bath before bed.

Go forward 3 steps.

Electronic devices emit blue light disrupting your sleep by making your body think it is daytime, so it stops producing melatonin (sleep-promoting hormone). The content of some games can be alerting, making it harder to get to sleep.

It is best not to nap for so long during the day on your bed as this can confuse your body and disrupt your sleep cycle making it harder to sleep at night.

An hour of wind down time is needed to relax your body in readiness for a good night's sleep.