

Health, Well-being and Lifestyle

I can describe ways technology can affect healthy sleep and can describe some of the issues.

Questions To Ask

- Is sleep important?
- Why do you think we sleep? (Hard question but let the responses shape the dialogue)
- What do you think is a “good night’s sleep”?
- How do you feel after a “good” sleep?
- How do you feel if you haven’t slept well?
- What do you need to do to get a “good night’s sleep”? What are the most important things to have in place?
- What do you think are the things that prevent sleep? What might keep you awake?
- What sort of things do you do before getting ready for bed?
- Do you use technology before going to sleep? (Read, game, watch TV, YouTube, Social Media etc?)
- Do you think any of these things might make it easier/harder to drop off to sleep? Which ones?
- How do you think some of these activities might affect our mood, feelings; our readiness for sleep?
- Is it the technology you use or what you are doing that makes a difference?
- Can you suggest which technologies might worse/better than others? Why?



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A good night's sleep

I can describe ways technology can **affect** healthy sleep and can describe some of the issues.





Reminder



At least eight hours



Fall asleep quickly



Comfortable



Same time each night



Undisturbed



Refreshed




Reminder

What **makes** it hard to sleep well?



HOW TECHNOLOGY MIGHT AFFECT SLEEP

Activity before bed							
Playing an online first person shooter game on a console for two hours	-5	-2	-1	0	-2	0	-1
Reading a favourite book on a tablet reader for 30 minutes	-1	-1	0	0	2	0	-1
Speaking with best friend on Messenger for an hour							
Viewing an argument happening amongst my friends on Instagram							
Getting the best selfie I can of myself in my bedroom before sleep							

- SCORING**
- No impact 0
 - Positive impact 1 to 5
 - Negative impact -1 to -5

HOW TECHNOLOGY MIGHT AFFECT SLEEP

Activity before bed							
Listening to soft music on my headphones for 30 minutes							
Reading a favourite book on a tablet reader for 30 minutes							
My Instagram account keeps pinging and flashing in the dark							
I have my mobile right next to my bed							
I watch a whole Netflix action film on my tablet							

- SCORING**
- No impact 0
 - Positive impact 1 to 5
 - Negative impact -1 to -5

HOW TECHNOLOGY MIGHT AFFECT SLEEP

Activity before bed							

- SCORING**
- No impact 0
 - Positive impact 1 to 5
 - Negative impact -1 to -5

NOW MAKE SOME OF YOUR OWN