

## Study Guide

# Go to Bed! Kids & Sleep

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## Contents

**Go to Bed! Kids & Sleep** contains a 21 minute program and this guide which owners of the program may duplicate for classroom use. Catalog numbers 30006-DVD and 30006-VHS. ISBN for DVD:0-917159-32-2. ISBN for VHS: 0-917159-33-0.

## Objectives

Viewers of this valuable program on child development and parenting will learn:

- how the babies spend months adjusting their biological clocks
- how much sleep children need, from infancy through adolescence
- the meaning of the stages of sleep, including light sleep, deep sleep and REM sleep
- how the hormone Melatonin helps kids sleep
- that children fall asleep best on their own; how to recognize that a baby is sleepy
- how parents can establish bedtime routines to help establish sound sleep habits.
- the role of naps in child development
- problems caused by lack of sleep
- common sleep problems in early childhood
- safe sleep— sleeping positions, bedding, and cribs that create a safe environment
- what circadian rhythms have to do with “teenage laziness”

## **Class Projects on Sleep**

1. There are many opinions on how to prevent or solve babies' sleep problems. Have students prepare reports on these different theories.

### **Association with Falling Asleep**

Richard Ferber's *Solve Your Child's Sleep Problems*

### **Unrestricted Breast-feeding and the Family Bed**

William and Martha Sears, in *The Baby Book* are advocates of "attachment parenting." They hold that unrestricted breast-feeding and the family bed are how to get a baby or child to sleep.

### **Newborn Sleep**

Harvy Karp's *The Happiest Baby on the Block: The New Way to Calm Crying and Help Your Newborn Baby Sleep Longer*

2. The National Institutes of Health includes on its website "Educating Youth About Sleep and Drowsy Driving." Have a student prepare a report.

3. Prepare a general report on misconceptions about sleep using:  
[www.science.education.nih.gov/supplements/nih3/sleep/guide/info-sleep.htm](http://www.science.education.nih.gov/supplements/nih3/sleep/guide/info-sleep.htm)

## Test on Go to Bed! Kids and Sleep

### *Match the term with the description.*

- |                |                           |
|----------------|---------------------------|
| A. Melatonin   | E. Common sleep problem   |
| B. Light Sleep | F. Circadian rhythm       |
| C. REM Sleep   | G. Back to sleep campaign |
| D. Deep sleep  |                           |

1. \_\_\_\_\_ An inborn sense for a 24 hour period in which we cycle between sleep and wakefulness.
2. \_\_\_\_\_ A type of sleep in which eyes move behind closed lids.
3. \_\_\_\_\_ Type of sleep when a baby's body relaxes, hands uncurl, and arms and legs dangle weightlessly.
4. \_\_\_\_\_ A hormone that relaxes muscles and makes a person drowsy.
5. \_\_\_\_\_ Type of sleep when a baby sucks, makes faces, and moves around.
6. \_\_\_\_\_ Policy which has reduced Sudden Infant Death.
7. \_\_\_\_\_ Awakening during the night after six months of age.

### *Mark T for True and F for False.*

8. \_\_\_ Teenagers may prefer going to bed late and rising late because they're lazy.
9. \_\_\_\_\_ Yawning, rubbing eyes and becoming less active are signals a baby needs sleep.
10. \_\_\_ For the first four months, infants need about 12 hours of sleep a day.
11. \_\_\_\_\_ The need for REM sleep goes up as we age.
12. \_\_\_ Most children give up their morning naps during the third year.
13. \_\_\_ Bed wetting is twice as common in boys as girls.
14. \_\_\_ Nightmares occur during REM sleep.
15. \_\_\_ Babies should sleep on soft mattresses with fluffy blankets.

## Discussion Questions

1. Discuss the Circadian rhythm. Discuss your experiences with jet lag. What influence does the circadian rhythm have on teenagers?

2. What does a baby's brain do while she sleeps?

*(Grow, store memories, build immune system.)*

3. What does the hormone Melatonin do to babies?

*(Relaxes muscles, makes the baby drowsy)*

4. Discuss how a baby appears in the different phases of sleep.

*(In light sleep, she sucks, smiles and moves. In deep sleep the whole body relaxes, hands uncurl, and arms and legs dangle weightlessly. In REM sleep, eyeballs sometimes move behind closed lids.)*

5. What does the program suggest parents do to help their babies fall asleep?

*(The program suggests that self-comforting is best, that caregivers place the baby in his crib while still drowsy, not rocking in a parent's arms. That way the baby associates falling asleep with being in bed. This method will help her if she wakes in the night as well as later in childhood .) Did you have a "lovey" as a baby?*

6. How does a baby show that she is tired?

*(She will yawn, rub her eyes, become fussy, and less active.)*

7. Do you think a bedtime ritual is a good idea? Did you grow up with a bedtime ritual?

8. At what age do 90% of babies sleep through the night? *(Six months)*

9. At what age does a baby give up her morning nap?

*(15 to 18 months. Dr. Marc Weissbluth in **Healthy Sleep Habits, Healthy Child** suggests a morning nap that occurs soon after a baby awakens from a nighttime sleep is actually a continuation of nighttime sleep, and that a lot of REM sleep occurs during the morning nap.)*

10. When do children stop napping in the afternoon?

*(Between three and five years, but most benefit from a quiet time.)*

11. How can a parent ensure a baby's safety when sleeping?

12. Discuss the sleep needs of the school age child. Did you and do you currently get enough sleep?

*(A six-year-old needs 11-12 hours of sleep; A 12-year-old needs 10 hours. A teenager needs eight and a half to nine or more hours. )*

13. What is a "sleep debt?" Can it easily be made up? Do you think you suffer from a sleep debt?

## Answer Key to Quiz

1. E
2. C
3. D
4. A
5. B
6. E
7. E
8. F
9. T
10. F
11. F
12. F
13. T
14. T
15. F