

Topics for Classroom Projects

TOPIC 1: Basic information about sleep

1. Why do we sleep?

What happens when we sleep? The list below might help.....

- Release of hormones to help us grow
- Release of hormones to regulate appetite
- Muscle repair
- Learning and memory fixing
- Body and brain health
- Fighting off sickness
- Regulating our behaviour and mood

2. What exactly is sleep? How can we define sleep?

Sometimes it is easier to decide what sleep is NOT.

For example Sleep is when we are quiet. True but we can be quiet and not asleep

TOPIC 2: Healthy sleep

What is healthy and normal sleep?

Describe sleep staging or sleep architecture (Non Rapid Eye Movement and Rapid Eye Movement Sleep).

How does this change as we age ? (as a baby, toddler, junior school student, adolescent, young adult, middle aged person, elderly person)

to death) sleep.

TOPIC 3: Unhealthy sleep

Describe common sleep problems.

What sleep problems occur at different ages?

Are the sleep problems physiological, psychological or environmental?

TOPIC 4: Prevention of sleep problems

What prevents us from having sleep problems?

What is sleep hygiene? When is it good and when is it bad?

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Can we control sleep hygiene? Can we control our sleep in general? How does media use affect our sleep? Does food affect how we sleep?

TOPIC 5: Adolescent sleep

Why is adolescent sleep different to sleep at other age groups What is the role of melatonin in adolescent sleep?

How can adolescents control their sleep? What should or shouldn't they do?