

# Year 5 Balance It: Lesson 3



## The Science of Sleep

### Background:

In the highly-structured days of the modern world, children are expected to feel and act a certain way. Turning up for school early in the morning, there is pressure to feel energised and ready to learn but this is not always the case. Circadian rhythms are the body's responses to external stimuli such as light and these govern the release of certain chemicals in the brain that are directly related to energy levels and readiness for sleep. By learning to recognise the activities that promote feelings of alertness and also aid the calming of the body, children will understand themselves better. With the ever-growing need for children to be self aware, particularly in relation to their emotions, it is vital they recognise the body's inner workings and needs over the expectations of the world. Lots of peaks of irrational behaviour are linked to a denial of the body's needs, and this needs to be corrected to promote the health of both body and mind.

<b>Key Concepts</b>	<ol style="list-style-type: none"><li>1. The body's circadian rhythms are key to understanding what you need.</li><li>2. Certain activities can promote healthy relaxation.</li><li>3. Be aware that a rise and fall in energy levels, concentration and alertness are normal.</li><li>4. Using tablets and electronic devices for bed can be detrimental to sleep health.</li></ol>
<b>Badge Descriptors</b>	<ul style="list-style-type: none"><li>• I can understand why my energy levels go up and down.</li><li>• I can state activities which can be beneficial/ detrimental to my daily cycle.</li><li>• I can explain what circadian rhythms are and how they are affected.</li></ul>

### Glossary

circadian rhythm	Circadian rhythms are physical, mental, and behavioral changes that follow a daily cycle. They respond primarily to light and darkness in an organism's environment.
device	Items such as mobile phones, tablet computers, games consoles and laptops that have screens and are used to access the internet.
poll	This is an opportunity for pupils to be able to give their opinion on subjects within a Natterhub lesson. When all pupils have made their decision, the results will be displayed anonymously in different ways.
tablet	A handheld, portable, touch screen computer. Useful, as they are smaller than a laptop to transport and larger than a phone for using and seeing the screen better.