

Sleeping SOUNDLY



with students

at APPLE

Schools



A Photovoice Project:

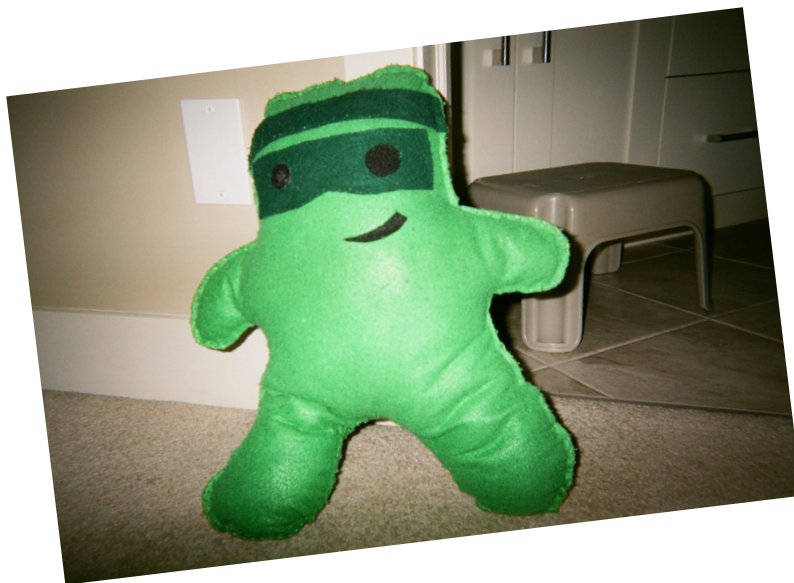
- In 2018, grade 4 and grade 5 students from three APPLE Schools took photos of what sleep meant to them*
- Students then explained their photos in an interview*
- All pictures and quotes in this photo book are those of the students*

Here's what students said!

- *Sleep is "healthy for your body and brain"*
- *Healthy sleep habits start at home*
- *School experiences shape positive sleep habits*
- *Sleep habits learned at school can be shared with Family*

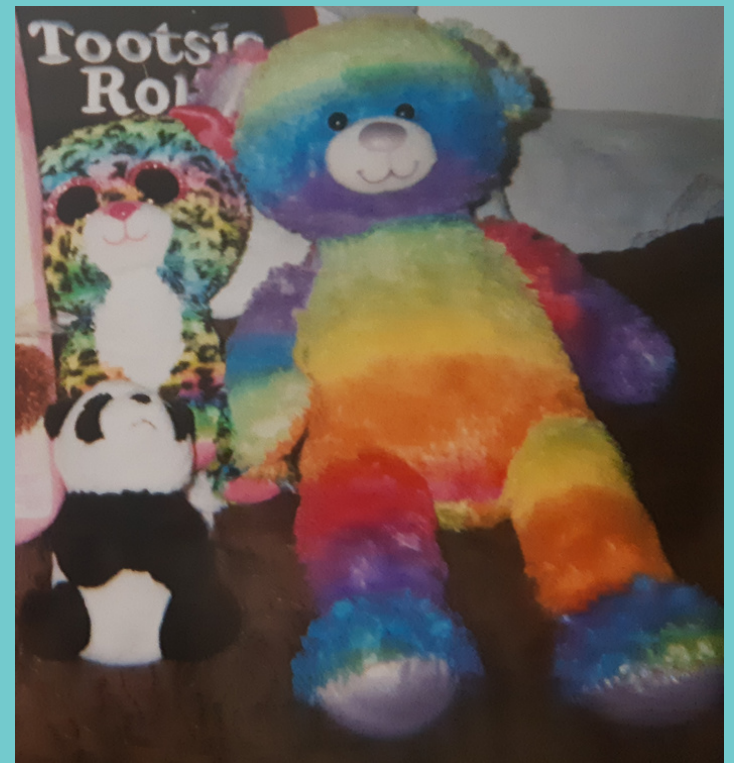
*Sleep is "healthy for
your body and brain"*

“If you don’t get enough sleep you’re not going to have enough energy for the next day, and you’ll [be] in a grumpy mood. And you might get sick.” (Male, Age: 9, Grade: 4)



Students felt that sleep was important for:

- *Memory, focus, attention*
- *Feeling positive and happy*
- *Being prepared for school*
- *Having energy to play with friends and family*
- *Staying healthy*



*Healthy sleep habits
start at home*

Students identified several healthy sleep habits:

- *Taking a shower/bath*
- *Having a bedtime snack*
- *Brushing teeth*
- *Reading a book,*
- *Writing or drawing*
- *Listening to music*



Students took photos of their bedtime routine



and things that helped them sleep!



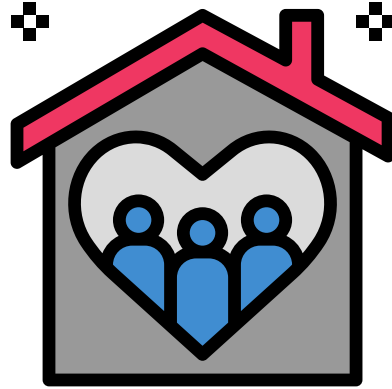


Students expressed how their parents shaped their sleep routine

*“[This bike] helps my legs, they feel relaxed and all the energy is out when I’m done exercising. When my dad started doing it, then I kind of wanted to do it”
(Male, Age: 10, Grade: 5)*



Parents set the rules



"I get reminded by my parents to go to sleep.
Another rule is that I can't go on the PS4
on weeknights. I have to shut it off by nine."

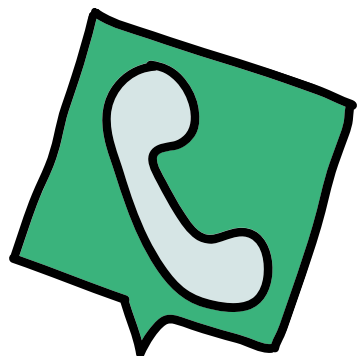
(Male, Age: 10, Grade: 5)



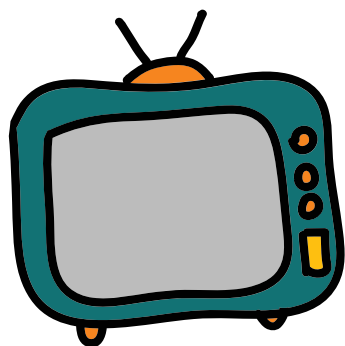
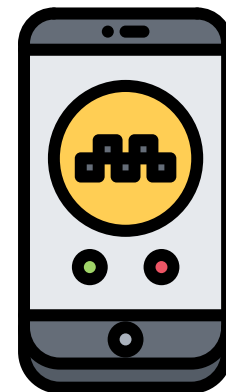
Students Created a Space where they Felt Safe

"Cause I'm Metis so it's a part of my culture. And my mom made it because I have nightmares, and it helps me sleep cause I know that I'm safe when I go to sleep." (Female, Age: 9, Grade: 4)

Students felt that using
technology before bedtime
could affect your sleep



"Because we shouldn't watch screens before bed, or else you'll get scared before bed, because it could hurt your eyes and you're probably not going to get enough sleep because you're still watching the screen."



(Female, Age: 10, Grade: 5)

You shouldn't use technology before bed





Although students understood that using technology before bed could affect their sleep, students used technology before bed because it is fun



"This is my game headset. I want to cross it out because you don't want screen time before bed...[But] sometimes I literally come home and I don't stop playing, I was having so much fun." (Male, Age: 10, Grade: 5)

*School experiences teach students
a healthy lifestyle that helps sleep:*

- *How to calm down*
- *Be physically active*
- *Choose a healthy bedtime
snack*

I learned at school...

How to calm down





"I learned that I can relax and de-stress to help me sleep, at school...[reading] helps you go to sleep, like nice and calm." (Male, Age: 10, Grade: 5)



Being physically active

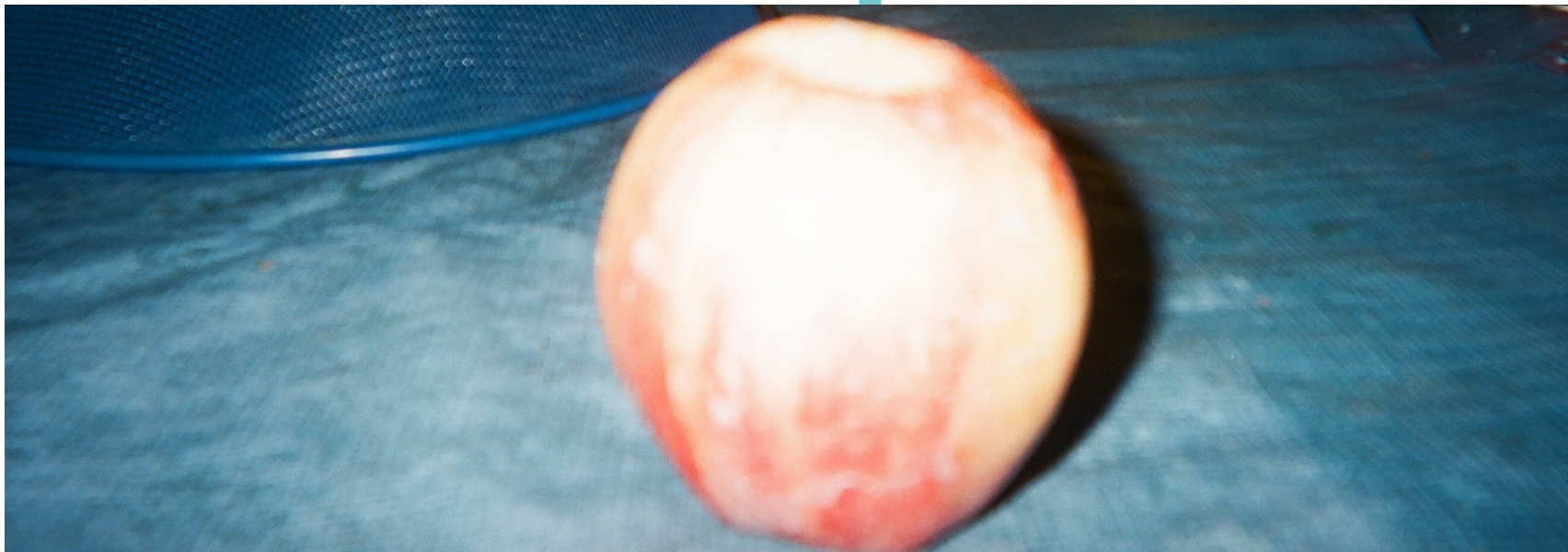


"When I exercise I get tired and it seems to help me fall asleep faster. [I learned from school] that doing exercise before you go to bed, you'd be more tired." (Female, Age: 10, Grade: 5)





*Choosing a healthy
bedtime snack*





Sleep habits learned at
school can be shared
with family

*Students share healthy sleep habits with
their family*

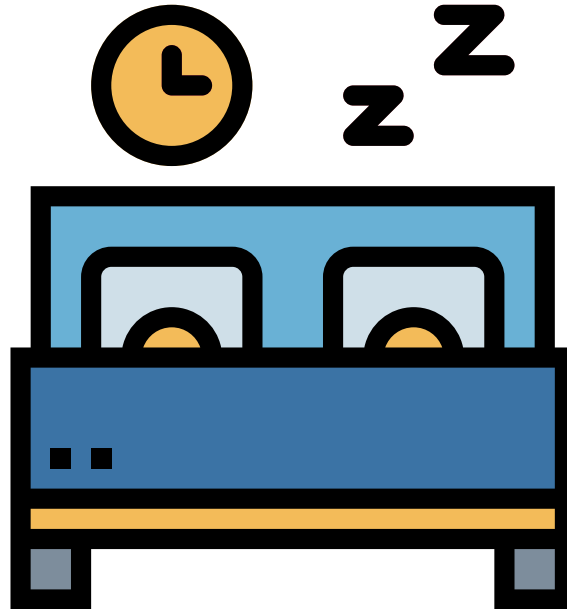


"I shared with my mom. And my cousins, and I like to share that they should not go to bed like at like 12 o'clock, and then like wake up at 7 cause that's not enough time. [It's important] to go to bed a certain time with some stuff that helps make you comfortable."

(Female, Age: 9, Grade: 4)

Students didn't share if:

- *Their family already had a good sleep routine*
- *Siblings had a different sleep routine than them*
- *They believed that their parents would not listen to them*



*A big thanks to the students, teachers,
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