NEWS BREAK

Article: 4 hacks to quiet your mind and help you sleep

Section: EXPLORE, F3

Sunday's News Break selects an article from Sunday, March 8, 2020 of The Seattle Times print replica for an in-depth reading of the news. Read the selected article and answer the attached study questions.

You are encouraged to modify this lesson to fit the needs of your students. For example, some teachers might use this as a take-home assignment and others might read and answer the questions in a small group or larger, class discussion.

*Please be sure to preview all NIE content before using it in your classroom to ensure it is appropriate for all of your students.

Standards:

CCSS.ELA-Literacy.RI.4.1

- Refer to details and examples in a text when explaining what the text says explicitly and when drawing inferences from the text.

CCSS.ELA-Literacy.RI.4.2

- Determine the main idea of a text and explain how it is supported by key details; summarize the text.

Objectives:

Students will talk about their nap and sleeping patterns and learn about their circadian rhythm. They’ll discuss how naps impact them and other family members. Students will talk about whether there are health benefits from napping and why more companies are allowing their employees to nap during the work day. They will discuss their own sleep routines and how well they sleep. Students will also talk about whether they have trouble calming their mind before bed. They will talk about whether gratitude affirmations or writing in a gratitude journal might calm their mind before bed and why it is important to have gratitude.
Pre-Reading Discussion:

What do you think the article will be about?
Are there clues in the picture?
What can you infer?

Vocabulary Building:

Read this sentence, what do you think the highlighted words mean using context clues? A context clue is a word or words that are hints and refers to the sources of information outside of words that readers may use to predict the identities and meanings of unknown words.

“Spending a half hour in front of a light-therapy lamp in the morning can help wake you up and shift your circadian rhythm to an earlier time.”

Write your guess and then look up the definition and write it below your guess. How close did you come to the correct definition?

Circadian Rhythm Guess:


**Circadian Rhythm Definition**

**Comprehension Questions:**

1. Spending a half hour in front of a light-therapy lamp in the morning can help wake you up and shift your _______________ ___________ to an earlier time.
2. Even a ______________ minute nap can make you more productive in the afternoons and evenings.
3. A place to ______________ ________ is becoming an office wellness amenity, as employers begin to see sleeping on the job as a way to boost productivity, not a sign of laziness.
4. As part of a recent renovation, Fifth Street Towers added two MetroNaps EnergyPods to their tenant amenity center. What are the pods and what do they do?
5. Power naps — whether at your desk or in a fancy pod — are just one of the most popular ______________ _________ that experts suggest.
6. Power naps work best for whom?
7. Humans are “natural nappers” who typically feel a lull in the ________________, said Dr. Michael Howell, a sleep medicine doctor and associate neurology professor at the University of Minnesota.
8. How do you identify your “natural nap time?”
9. Who should use therapy light?
10. The researchers focused on four specific mindfulness exercises that aid in sleep. What are they?

**Discussion Questions (small/large groups), Journal Prompts or Essay Questions:**

- Do you take naps? Why or why not?
- Do you know anyone else that naps on a regular basis? Have they shared why they do it and how it benefits them?
- Do you think there are health benefits from napping?
- Why do you think companies are adding sleep pods and nap times to their office wellness plans?
- How well do you sleep? Do you have trouble calming your mind?
- What sleep routines do you do before bed to calm your brain and body?

**Gratitude affirmations**

*This hack is for sleepers who have trouble calming their mind, either when trying to fall asleep or when awakened in the middle of the night, said Sleep Health Specialists’ Sarah Moe.*
“Right before bed, say out loud, audibly, three things that you hope to accomplish the next day, and three things that you are grateful for,” said Moe. “When you hear those things, it not only releases some worry for the next day, but also the gratitude portion releases a relaxing and calming hormone that helps initiate sleep.”

And if you try this one in the middle of the night, it’s OK to whisper, she said.

- Have you tried gratitude affirmations or writing in a gratitude journal? Why would this help someone calm their mind before bed?
- Why is important to have gratitude?

News Break is posted to the Web on Monday. Please share this NIE News Break program with other teachers. To sign-up for the print replica for your class, please register on-line or call 206/652-6290 or toll-free 1-888/775-2655. Copyright © 2020 The Seattle Times Company