

# SLEEP SMARTER. PERFORM BETTER.



## SLEEPOVER PLAYBOOK

Sleepovers are a fun “rite of passage” for a child. For teens, they help to develop social connections. Hosting a sleepover at home, school, church or elsewhere is a great opportunity to provide fun games, crafts, healthy snacks, and education about healthy sleep habits.

It is also important to set proper limits, such as sleepovers being kept to the weekends, rules for the use of technology, and when it’s time for lights out. Setting limits helps kids get the sleep they need, and improved sleep quality can lead to improvements in health, well-being, and academic achievement.

*Use this Sleepover Playbook to help kids get ready for a fun and memorable night while preparing them to hit the hay for a great night’s sleep.*

*See page 2 for the Sleepover Playbook for elementary students, and page 4 for middle and high school students.*

**LOOKING FOR MORE RESOURCES TO HELP KIDS GET THE SLEEP  
THEY NEED TO PERFORM AT THEIR BEST?**

Get started at [HealthierGeneration.org/SmarterSleep](https://HealthierGeneration.org/SmarterSleep)

#SmarterSleep



sleep  number.

# ELEMENTARY SLEEPOVER PLAYBOOK

## WHAT TO BRING TO HELP YOU SLEEP

COMFORTABLE  
PILLOW

FAVORITE  
BLANKET OR  
SLEEPING BAG

FAVORITE  
STUFFED  
ANIMAL

EYE MASK  
(SEE THE CRAFT  
ACTIVITY BELOW!)

## STRUCTURE THE NIGHT FOR OPTIMAL SLEEP

**An hour before lights out:** Power down all electronics

Have a Sleepy Time Snack:

- MAKE AHEAD: Get Some Zzzz's Granola
- HANDS-ON: Cherry Banana Smash

Make sure sleeping space is set up comfortably

**30 minutes before lights out:** Read a relaxing story as a group (see book recommendations below!)

**15 minutes before lights out:** Unwind with a relaxing activity

- Yoga
- Breathing or meditation

Recipes and videos available now at:

[Healthier Generation.org/SmarterSleep](https://www.healthiergeneration.org/smarter-sleep)



## Try Out Some Fun Activities!

### CRAFT: MAKING A SLEEP MASK

#### Materials

- Colorful sleep masks - [one option here](#)
- Fabric markers
- Fabric glitter pens
- Rhinestones
- Fabric scraps
- Ribbon scraps
- Felt scraps
- Fabric glue
- Scissors

#### Instructions

- Draw on mask with markers or glitter pens
- Cut fabric, felt, or ribbon to desired lengths or shapes
- Glue on rhinestones or scraps

### GET ACTIVE!

Create a [fitness trail or physical activity circuit](#)



Use [task cards](#) to guide physical activity



[Tara Stiles Yoga](#)



### HAVE KIDS WORK ON WORD SEARCHES QUIETLY OR WITH A PARTNER.

Look for our Sleep Tight Activity Sheets available now at [HealthierGeneration.org/SmarterSleep](https://www.healthiergeneration.org/smarter-sleep).



# ELEMENTARY SLEEPOVER PLAYBOOK

## BOOKS ABOUT SLEEP (SOME FAVORITES!)

Goodnight Moon

Dr. Seuss's Sleep Book

Pirate's Lullaby

The Animals Sleep

I See the Animals Sleeping

Froggy's Sleepover

Dinosaur vs. Bedtime

I Don't Want to Go to Bed

Don't Let the Pigeon Stay  
up Late

The Berenstain Bears'  
Bedtime Battle

## HOW MUCH SLEEP DO KIDS NEED?

AGE	SLEEP PER DAY
4-12 months	12-16 hours (including naps)
1-2 years	11-14 hours (including naps)
3-5 years	10-13 hours (including naps)
6-12 years	9-12 hours
13-18 years	8-10 hours

### Sleep Smarter Snooze To Do's

Available now at  
[HealthierGeneration.org/  
SmarterSleep](https://HealthierGeneration.org/SmarterSleep)



# MIDDLE & HIGH SCHOOL SLEEPOVER PLAYBOOK

## WHAT TO BRING TO HELP YOU SLEEP!

COMFORTABLE  
PILLOW

FAVORITE  
BLANKET OR  
SLEEPING BAG

BOOK AND  
READING LIGHT

EYE MASK  
(SEE THE CRAFT  
ACTIVITY BELOW!)

## STRUCTURE THE NIGHT FOR OPTIMAL SLEEP

### An hour before lights out:

Log out of apps, social media and email. Power down all electronics.

### Have a Sleepy Time Snack:

- MAKE AHEAD: Get Some Zzzz's Granola
- HANDS-ON: Cherry Banana Smash

Make sure sleeping space is set up comfortably

### 30 minutes before lights out:

Read or play a repetitive game

### 15 minutes before lights out: Unwind with a relaxing activity

- Yoga
- Breathing or meditation

Recipes and videos available now at:

[Healthier Generation.org/SmarterSleep](https://www.healthiergeneration.org/smarter-sleep)



## Try Out Some Fun Activities!

### CRAFT: MAKING A SLEEP MASK

#### Materials

- Colorful sleep masks - [one option here](#)
- Fabric scraps
- Fabric markers
- Ribbon scraps
- Fabric glitter pens
- Felt scraps
- Rhinestones
- Fabric glue
- Scissors

#### Instructions

- Draw on mask with markers or glitter pens
- Cut fabric, felt, or ribbon to desired lengths or shapes
- Glue on rhinestones or scraps

## GET ACTIVE!

Create a [fitness trail or physical activity circuit](#)

Use [task cards](#) to guide physical activity

[Tara Stiles Yoga](#)

## HAVE KIDS WORK ON WORD SEARCHES QUIETLY OR WITH A PARTNER.

Look for our Sleep Tight Activity Sheets available now at [HealthierGeneration.org/SmarterSleep](https://www.healthiergeneration.org/smarter-sleep).

# MIDDLE & HIGH SCHOOL SLEEPOVER PLAYBOOK

## HOW MUCH SLEEP DO KIDS NEED?

AGE	SLEEP PER DAY
4-12 months	12-16 hours (including naps)
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## Sleep Smarter Snooze To Do's

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