# Sleep Strategies Improv Exercise

## UNESCO Perspective

Equitable

## General use bucket

Adapting an OER Activity for UDL

## Goal

The goal is to design a creative and engaging activity that helps students deeply understand key sleep health concepts while providing a meaningful and memorable learning experience.

## Final Product

**Objective:** To creatively express sleep health concepts through improvisation.

Divide the class into two groups: one group will represent individuals experiencing sleep-related issues, while the other will act as problem-solvers offering potential solutions.

Each improv round will pair one participant from each group. The "Sleep Challenge" participant receives a prompt (e.g., “Someone struggling with insomnia”) and begins a short role-play scene that illustrates the issue. The "Solution Seeker" then joins the scene, using the **"Yes, and..."** principle of improv to respond empathetically and offer creative, practical strategies to help address the problem.

Each scene should last approximately 2–3 minutes, encouraging quick thinking, collaboration, and application of sleep science concepts in a fun, low-stakes way.

### Sleep Challenge Prompts:

* **Someone struggling with insomnia**: The participant has difficulty falling asleep and staying asleep throughout the night.
* **A person experiencing frequent nightmares**: The participant is troubled by recurring bad dreams that disrupt their sleep.
* **An individual with sleep apnea**: The participant has breathing interruptions during sleep, causing them to wake up frequently.
* **A student dealing with sleep deprivation**: The participant is not getting enough sleep due to academic pressures and extracurricular activities.
* **Someone with restless leg syndrome**: The participant feels an uncontrollable urge to move their legs, especially at night.
* **A person suffering from jet lag**: The participant has trouble adjusting their sleep schedule after traveling across time zones.
* **An individual with a noisy sleeping environment**: The participant is unable to sleep due to loud noises in their surroundings.
* **A person who works night shifts**: The participant struggles to maintain a healthy sleep schedule while working overnight.
* **Someone with anxiety affecting their sleep**: The participant's worries and stress keep them awake at night.
* **A person who uses electronic devices before bed**: The participant's screen time is interfering with their ability to fall asleep.
* **An individual with a partner who snores**: The participant's sleep is disturbed by their partner's loud snoring.
* **A person experiencing chronic pain**: The participant's discomfort makes it difficult for them to get a good night's sleep.
* **Someone who drinks caffeine late in the day**: The participant's late caffeine consumption is affecting their sleep quality.
* **A person with an irregular sleep schedule**: The participant's inconsistent bedtime and wake-up times are causing sleep problems.
* **An individual with a newborn baby**: The participant is struggling to get enough sleep while caring for a newborn.
* **A person who exercises late at night**: The participant's late-night workouts are making it hard for them to wind down and sleep.
* **Someone with a poor sleep environment**: The participant's bedroom is not conducive to good sleep (e.g., too bright, uncomfortable bed).
* **A person who eats heavy meals before bed**: The participant's late-night eating habits are disrupting their sleep.
* **An individual with seasonal affective disorder (SAD)**: The participant's mood and sleep are affected by changes in seasons and daylight**.**
* **A person who naps too long during the day**: The participant's extended daytime naps are interfering with their nighttime sleep.