

# Sleep Walker Relay

Sleep is crucial for growing bodies and is a cornerstone of healthy living. But sometimes, other priorities push back bedtimes and can leave youth drowsy. Lack of sleep puts people at risk for getting sick, not remembering as well, being grumpy and causing relationship problems, gaining weight, or doing poorly at school.

Not only does sleep impact long term health and success, it makes day to day tasks much more difficult. Try this activity with your group to demonstrate the impact being tired has on your performance and life.

## Materials Needed

[ ] 2 "Drowsy glasses"

-Create the "drowsy glasses" by taking a pair of old reading glasses or sunglasses and wrapping the lenses with crumpled plastic wrap. They should be very difficult to see through, but not impossible. Write the word DROWSY across the front.

[ ] 2 "Sluggish" bean bags

-To create the "Sluggish bags," find two plastic snack or sandwich baggies and fill with sand/ rice/ beans. Place these bags into a sock that is folded over like an envelope on the end to keep the contents inside. Write "sluggish" on a piece of tape and affix to the sock.

[ ] "Brain Fog" cards

-To prepare the "Brain fog cards," copy or cut out the included pictures.

[ ] "Brain Fog" poster

[ ] 2 sets of "Tired pitfall" obstacles

- Tape "tired pitfall" sheets to 6 obstacles (2 liter bottles, small boxes, grocery bags, cones, or other items).

[ ] Masking tape

[ ] Scissors



## Set Up

[ ] Mark a line on the floor to indicate the starting line.

[ ] Set up a table behind the line with glasses, bags, tape and cards.

[ ] Hang the "Brain Fog Poster" on the other side of the room.

[ ] Place "Tired Pitfall" obstacles between starting line and poster; 3 per team/side, in order.

# Instructions:

1. Form two equal teams behind the starting line. If you have an uneven number of players, designate someone to be the poster judge.
2. The first person in line for each team becomes the "Sleep Walker" and puts on the "Drowsy goggles."
3. The sleep walker then selects one of the "Brain Fog cards" off the table and look at it briefly. The person in line behind them should then tape it to their back.
4. Next, they place a bean bag on their head.
5. When the judge signals, both teams start for the poster, completing the tasks at the "Tired Pitfalls".
6. When they reach the "Brain Fog Poster" they need to select which bed their card photo was from. The judge should take their card and confirm if they are correct.
7. If they are incorrect, they must go back to Pitfall #3 in the course, and then return to the poster to guess again.
8. If they are correct, they return to the start, put their card back into the pile, and hand their goggles and bean bag to the next player on their team.
9. The next player selects a new "Brain Fog Card."
10. The first team to finish wins.



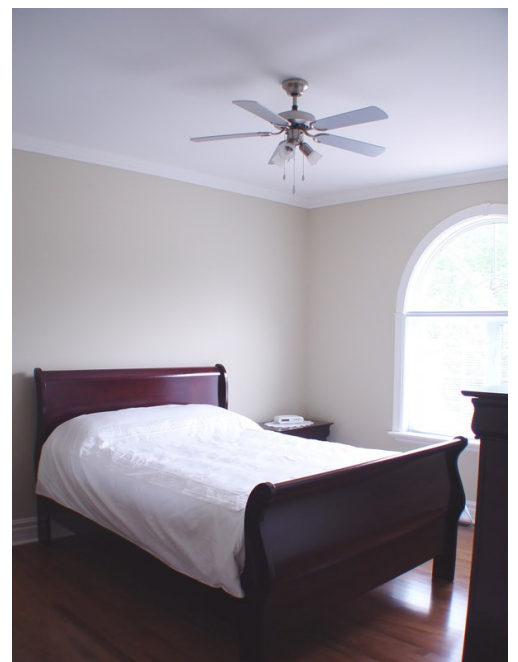
## Sleep Requirements

AGE	SLEEP NEEDED
6-9	10-11 hours
9-18	9-10 hours
Adults	7-9 hours



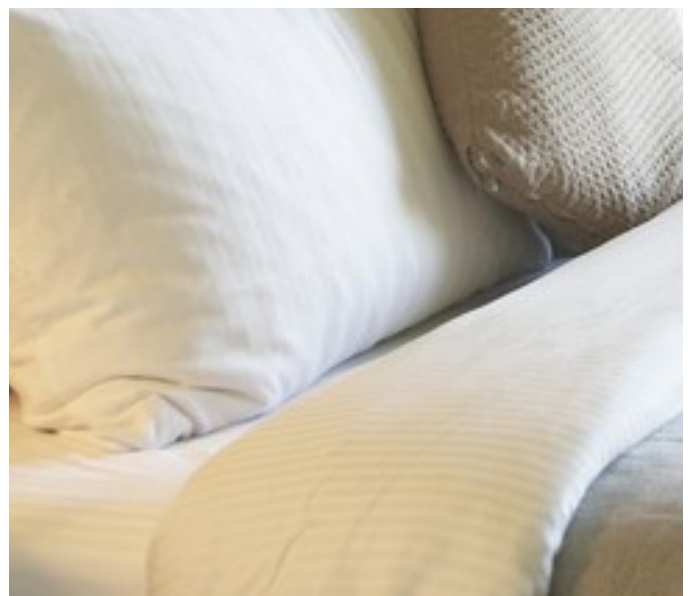
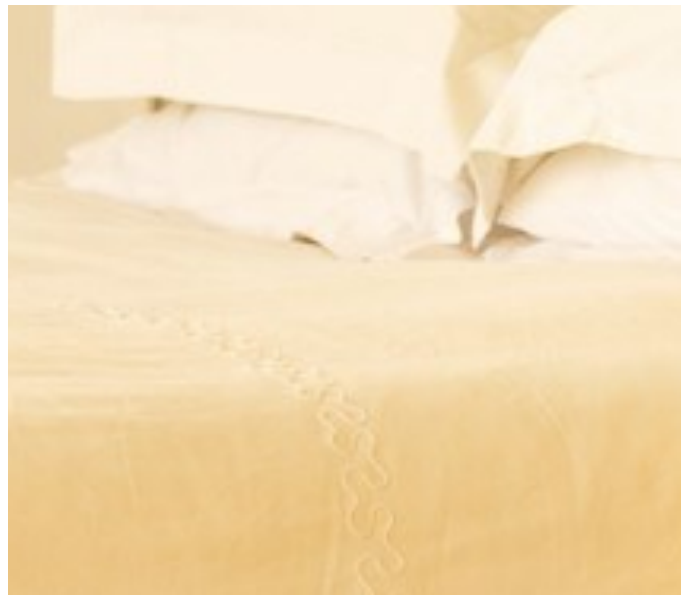
## BRAIN FOG POSTER

Lack of sleep can cause memory problems, and reduce academic achievement and learning. Remembering the card you looked at, determine which photo it was from. Seeing the big picture and dealing with stress can be a challenge when sleep deprived! Check with the judge to see if you are correct. If not, you must walk back to Pitfall #3 and return to try again.





BRAIN FOG CARDS– cut and stack on table.



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## TIRED PITFALL #1

Lack of sleep can cause.... A GRUMPY MOOD!

- Stomp your feet 10 times.



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## TIRED PITFALL #2

Lack of sleep can increase your risk of....  
**GETTING SICK!**

-Check your temperature by touching your head, shoulders, knees and toes 5 times.



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Lack of sleep can increase your risk of....  
**GETTING SICK!**

-Check your temperature by touching your head, shoulders, knees and toes 5 times.



## TIRED PITFALL #3

Lack of sleep can cause.... **WEIGHT GAIN!**

- Burn some calories by lunging to the next obstacle.



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Lack of sleep can cause.... **WEIGHT GAIN!**

- Burn some calories by lunging to the next obstacle.

