



## **Sleep Hygiene:** *Classroom Skit*

Note to Teachers: Discussion questions follow the skit.

### **Cast:**

- Mother
- Child
- Sleep Fairy
- Assistant Sleep Fairy
- Fairy Supervisor
- Sleep Sheep (3)
- Superhero

### **Props:**

- Three chairs
- Book
- Wand (or any item such as a ruler that could function as a wand)
- Crown
- Remote control
- Handheld video game
- Soda can or bottle (caffeinated drink such as Coke or Pepsi)
- Clipboard, paper and pencil
- Comic book (or magazine)
- Optional items: Pillow, blanket, cape

### **Scene:**

The skit takes place in the front of the room. Two chairs are facing each other, representing a bed. CHILD sits in one of the chairs with legs extended and feet resting on the other chair, sitting up in bed. MOTHER faces the class, sitting in a third chair next to the “bed.” She is holding an open book and reading.

### **Skit:**

Mother: ...and they lived happily ever after. The end. (*Closes the book.*) OK, you had a relaxing bath, you brushed your teeth, and I read your favorite story. Now do you know what time it is?

Child: (*Grumbling.*) It's time for bed.

Mother: That's right sweetie. (*Pats child on the head.*) Now get a good night's sleep!

Child: (*Whining.*) But Mom, I'm not tired. I don't want to go to sleep.

Mother: You may not *want* to, but you *need* to sleep. Do you want to be smarter, happier and healthier?

Child: Well, yeah, I guess so.

Mother: Then your body and your brain need lots of sleep, especially since you're still growing. A good night of sleep helps you to be your best during the day. (*Stands up and moves chair out of the way.*) So close your eyes and go right to sleep. Nighty-night! (*Exits.*)

Child: (*Grumbling to self.*) How can I sleep when I'm not tired? (*Attitude becomes positive.*) I know – I'll watch my favorite show until I feel sleepy! (*Grabs remote from under the chair and uses it to turn on an imaginary TV. Begins to watch with excitement.*) Woo-hoo, I didn't even miss the good parts!

Fairy: (*SLEEP FAIRY enters quietly without child noticing. She is wearing a crown and holding a wand. She is always cheerful when she speaks.*) Well what do we have here? A television in the bedroom? That will never do. (*She points her wand at the TV.*) Poof!

Child: (*Shocked and confused.*) Hey! Where did my TV go? (*Finally notices the visitor.*) Who are you?

Fairy: I am the Sleep Fairy. I go all around the world, helping children who have bad sleep habits.

Child: I don't have any bad sleep habits.

Fairy: Oh, yes you do. A TV in the bedroom? (*Shakes her head.*) That is a major no-no. A bedroom should be quiet and relaxing. A TV doesn't belong in here – it will keep you awake!

Child: Well I don't mind it, so give it back.

Fairy: I'm afraid I can't do that. I used my magic wand to move it into your parents' bedroom. *(Begins to walk away.)* In the morning you can tell them why you don't want it anymore. Sweet dreams, pumpkin!  
*(Exits.)*

Child: But wait – arrrrggghhh. I can't believe this! That fairy took my TV! And she called me “pumpkin”! But, she didn't get my video game!  
*(Puts the remote under the chair, grabs a handheld video game and gets ready to play.)* This will help me feel sleepy, especially if I beat my high score!

Assistant: *(Enters quickly.)* Oh no, no, no. Just what do you think you're doing? That game is going to wake you up - you put that down right now!

Child: I'm just going to play one game! Wait a minute – who are you?

Assistant: I am the Assistant Sleep Fairy. Nice to meet you.

Child: Assistant? Where is the Sleep Fairy?

Assistant: She's in Russia – it was a sleep emergency. She can't be everywhere at once, you know. Now give me the video game.

Child: Hold on – if you're a fairy, then where is your wand?

Assistant: Only the Sleep Fairy has a wand. I'm just the assistant. I can't make things go poof. So I have to take them away. *(Snatches the video game from his hands and begins to walk away.)*

Child: Hey! That's mine!

Assistant: Don't worry - I'm not going to keep it. I'm just going to hide it somewhere in the house. Night-night! *(Exits.)*

Child: *(Frustrated.)* I don't believe this! What's going to happen next?  
*(Deep sigh.)* Well, I'm getting thirsty – I need a drink. *(Reaches under the chair, grabs the soda and prepares to open it.)*

Supervisor: (*Enters with clipboard, paper and pencil. Walks quickly and speaks loudly.*) Good evening. I'm the Fairy Supervisor. Do you mind if I ask you a few questions?

Child: Fairy Supervisor?

Supervisor: That's right. I make sure that the Tooth Fairy, the Fairy Godmother and the Sleep Fairy are all doing their jobs. So, has the Sleep Fairy been here tonight?

Child: Well, yeah, she –

Supervisor: (*Makes a check mark on the paper.*) Excellent. Was she polite?

Child: Um, well, I guess she is kind of friendly but –

Supervisor: (*Makes another check mark on the paper.*) Very good. For my last question, please answer using a scale of 1 to 5. How would you rate the Sleep Fairy overall, with "1" being "terrible" and "5" being "great"?

Child: I – well – she – I mean, I don't know, she just burst right in the middle of –

Supervisor: In the middle? Ok, I'll put you down for a "3." (*Makes a mark on the paper.*) That's all I needed. I want to thank you for – hey, wait a minute. What's that? (*Points at the soda.*)

Child: Oh, just a drink. I'm really thirsty.

Supervisor: That is a bad idea. Don't you know how much caffeine is in that drink? Caffeine wakes you up – you'll never be able to sleep if you drink that! (*Grabs the soda and begins to walk away.*) And if you drink this much at bedtime you'll probably have to pee in the middle of the night. I'll just put it back in the fridge for you. Good night! (*Exits.*)

Child: This is ridiculous. What should I do now? I would go to sleep, but I'm not tired. If I close my eyes - (*closes eyes*) – nothing happens!

Sheep: *(Three SLEEP SHEEP enter on hands and knees, bleating loudly.)*  
Baaaa – Baaaa – Baaaa!

Child: *(Opens eyes, surprised.)* What was that?

Sheep: Weeeeeee are the sleep sheeeeeep. Baaaa! Count us and you will fall asleeeeeeeep.

Child: Sleep sheep? You’ve got to be kidding me. I don’t need to count sheep!

Sheep: *(Louder.)* Baaaa – Baaaa – Baaaa!

Child: Fine! *(Points at each sheep.)* One, two, three. There, I counted you – now go away!

Sheep: *(SLEEP SHEEP exit on hands and knees.)* Sleeeeeeeep tiiiiiiight!

Child: I’m still not tired, so I think I’ll read my favorite comic book – Super Metal Man and the Green Wasp. *(Reaches under the chair and grabs the comic book.)* Now I just need some more light. *(Reaches up and pretends to turn on a lamp next to the bed. Opens the comic book and begins to read.)* “One stormy night, when Super Metal Man was sound asleep, the Green Wasp flew quietly onto the roof of the city bank. Suddenly-”

Fairy: *(Enters speaking cheerfully.)* It’s me again! Time to turn out the light. *(Points wand at the imaginary light.)* Poof!

Child: Hey, that’s not fair. I was just starting to read. And I thought you were in Russia.

Fairy: I was, but it was a quick flight – I know a shortcut. And I thought you were supposed to be asleep.

Child: I’m not tired. That’s why I was reading my comic book.

Fairy: Well, I’m afraid that light was much too bright. You can keep a small night light on in your bedroom. But bright lights tell your body that it’s time to be awake. And besides, I’ve read that comic book.

*(Begins to walk away.)* It has way too much action and excitement for a bedtime story. Night-night, sugar plum! *(Exits.)*

Child: *(Deep sigh.)* This is the worst night of my life. Now it's too dark for me to read about my favorite superhero.

Superhero: *(Leaps into the scene, landing near the bed and standing tall with chest sticking out.)* Does someone need a superhero? Never fear – Supersleeper is here!

Child: *(Surprised.)* Super what?

Superhero: Supersleeper! I am a superhero, and I've come to help you.

Child: Wow, a real superhero – that's great! You can help me win my fight against sleep.

Superhero: That's the problem – you shouldn't be fighting sleep at all. Sleep is your friend, not your enemy. Sleep is something you should enjoy.

Child: But I'm not tired.

Superhero: Sometimes you trick yourself into thinking you're not tired. You just need to relax and close your eyes. If you stop fighting sleep, you'll fall asleep in no time!

Child: No, really, I'm not – *(big yawn)* tired at all. I – *(another big yawn)* – just need to rest my eyes for a second. *(Closes eyes and falls asleep.)*

Superhero: Once again, Supersleeper has saved the night! To bedtime and beyond! *(Leaps away.)*

*The End*

## Discussion Questions

1. A bedtime routine is a way to help us relax and get ready to go to bed at night. Do you have a bedtime routine? Do you have a favorite bedtime story?
2. Is your bedroom a good place to have a TV? Why or why not?
3. Why is bedtime the wrong time to play video games?
4. What is caffeine? What effect does caffeine have on your body? What are some drinks that have caffeine?
5. Why is it important to turn off bright lights at bedtime?
6. Do you fight against sleep at bedtime, or do you enjoy going to sleep at night? Why?
7. Why is it important to get plenty of sleep every night? Describe how you feel during the day after a good night of sleep.
8. What is one thing you can begin to do tonight to become a “Supersleeper”?