

Katya's Story

Katya hasn't been sleeping well lately and she can't figure out why. If you look at her after-school schedule for the first two days of the week, can you figure out why she may be having trouble falling asleep and staying asleep? What can she do differently?

Monday

3:30pm-5:00pm: music lessons

5:00pm-5:30pm: on her phone as she gets driven home

6:00pm: dinner with her family

6:30pm: homework with her phone out beside her

7:30pm: time on her phone to scroll Instagram, watch funny videos

9:30pm: get ready for bed

10:00pm: can't fall asleep so she looks at her phone

11:00pm: falls asleep

Tuesday

3:30pm: go home, join her brother on the couch watching a few shows

6:00pm: dinner with her family

6:30pm: homework and study for a test

7:30pm: FaceTime with friends

8:30pm: shower

9:00pm: watch another show while texting friends

10:00pm: get ready for bed

1. How much time does Katya spend with her phone/looking at a screen from the moment school ends until she goes to bed each day?

2. Why is Katya having trouble falling asleep and staying asleep?

3. What “sleep hormone” is being suppressed by all of Katya’s screen time? (*hint: unscramble the letters ninmtleao*)

4. Will turning off her screens earlier help her body to make more of this “sleep hormone”? What could Katya do differently?
