

# scientastic

## are you sleeping?



### Viewing Guide



The Partnership in Education

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## VIEWING GUIDE

Name \_\_\_\_\_

As you watch Scientastic "Are You Sleeping?" answer the following questions.

1. Why does Cassie want to share everything she learns about science?
2. At the TV station, what is Cassie hoping her school will win?
3. What does the professor at the TV Station say about sleep that Cassie overhears?
4. Why do you think the answer to Number 3 is happening?
5. Cassie says she has trouble falling asleep at night. Does this ever happen to you? Why do you think this is? Give 3 possible ideas why you have trouble falling asleep.



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6. Do you think Cassie is going to earn a good grade on her math test after staying up all night studying?
7. What pattern does Cassie see about her friends' sleep and their math test scores?
8. Cassie contacts a sleep anthropologist about her questions on sleep. What does she learn about the sleep habits of early humans?
9. When did sleep change and why?
10. The school day is a result of the industrial work hours. Is this the best way for kids to learn? When should kids go to school?
11. Is it safe to drive while tired? Why or why not?
12. What is Cassie's solution to her early school day? Do you think she should have thought more clearly about this? Her principal did not seem very happy.



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13. What are Cassie and all her friends' punishments?

14. How many hours of sleep do Cassie and her friends need to perform best in school?

15. How many people in the United States are not getting enough sleep?

16. What is a way Dr. Franzen suggests for Cassie to get more information on sleep?

17. Which plants help people sleep?

18. What product may be keeping Cassie's mom awake?

19. What is Cassie's idea to tell everyone about the importance of sleep?





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20. Can sleep affect how you grow? Why or why not?

21. What did Dean say about his parents taking away his Xbox and his sleep?

22. What are the electrical pieces taped to the girls faces? What do they do?

23. What is the purpose of the sleep study?

24. What is the biggest sleep distraction for people?

25. What are 3 ways to have a healthier life style?

26. What is Cassie's idea to help her dad sleep better?



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27. What do dream catchers do?

28. What do sleep and dreaming have in common?

29. Does Cassie's School win the Science Bowl?

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## VIEWING GUIDE | ANSWER KEY

Name: \_\_\_\_\_

As you watch Scientastic "Are You Sleeping?" answer the following questions.

1. Why does Cassie want to share everything she learns about science?

Science is everywhere and in everything that we do.

2. At the TV Station what is Cassie hoping her school will win?

The science bowl.

3. What does the Professor at the TV Station say about sleep Cassie overhears?

Kids these days are simply not getting enough sleep to perform well.

4. Why do you think the answer to Number 3 is happening?

Student responses to discuss after the show.

5. Cassie says she has trouble falling asleep at night. Does this ever happen to you? Why do you think this is? Give 3 possible ideas why you have trouble falling asleep.

Student responses to discuss after the show.

6. Do you think Cassie is going to earn a good grade on her math test after staying up all night studying? Why?

No, because she is going to be too tired to concentrate on her exam.

7. What is the reoccurring theme Cassie sees about her friends and their math test scores?

All of her friends stayed up late or all night studying and all of them earned bad grades as a result.

8. Cassie contacts a sleep anthropologist about her questions on sleep. What does she learn about the sleep habits of early humans?

Early humans shared similar sleep patterns to gorillas and chimpanzees. Taking naps through the day and sleeping in shorter bursts through the night.

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## VIEWING GUIDE | ANSWER KEY

### 9. When did sleep change and why?

Industrial revolution.

People move to big cities and work in factories had to change their sleep schedule because of the long hours they worked in the factories.

### 10. The school day is a result of the industrial work hours. Is this the best way for kids to learn? When should kids go to school?

No, students should start school later in the day so they are able to get a full night sleep.

### 11. Is it safe to drive while tired?

No it is the same as driving drunk

### 12. What is Cassie's solution to her early school day? Do you think she should have thought more clearly about this? Her principal did not seem very happy.

She and her friends host a sleep revolution and protest their early morning school start. She should have thought about how this idea would affect her and her friends.

### 13. What are Cassie and all her friends' punishments?

They are not allowed to participate in their extracurricular activities.

### 14. How many hours of sleep do Cassie and her friends need to perform best in school?

Students need about 9 hours of sleep each night to perform best at school.

### 15. How many people in the United States are not getting enough sleep?

Over 70 million people in America and not getting the proper amount of sleep.

### 16. What is a way Dr. Franzen suggests for Cassie to get more information on sleep?

Dr. Franzen suggests that Cassie participate in a sleep study to see how sleep can affect every aspect of her daily life.

### 17. What plants help people sleep?

Chamomile flowers are used to make tea.

### 18. What plants may be keeping Cassie's mom awake?

The coffee plant is used to make coffee and contains caffeine.

The cacao tree is used to make chocolate which also contains caffeine.



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## VIEWING GUIDE | ANSWER KEY

19. What is Cassie's idea to tell everyone about the importance of sleep?

Cassie suggests that her friends all do research and participate in a sleep fair to share their results.

20. Can sleep effect how you grow?

Yes

21. What did Dean say about his parents taking away his Xbox and his sleep?

He is able to sleep better since they have taken away his Xbox and he doesn't stay up late playing video games.

22. What are the electrical pieces taped to the girls faces? What do they do?

Electrodes that track the girls brain activity during the sleep study.

23. What is the purpose of the sleep study?

To observe how the brain responds to different sleep patterns and a lack of sleep.

24. What is the biggest sleep distraction for people?

The internet is the biggest sleep distraction for people.

25. What are 3 ways to have a healthier life style?

Eat Healthy  
Exercise  
Get enough sleep

26. What does Cassie think of as a way to help her dad?

Cassie thinks that a Dream Catcher might help her dad stop having nightmares.

27. What do Dream Catchers do?

Trap bad dreams in a web

28. What do sleep and dreaming have in common?

If you aren't getting enough sleep then you aren't going to dream and if you aren't dreaming your ability to be creative will be very limited.

29. Does Cassie's School win the Science Bowl?

Yes