

THE ENCHANTED CITY

SLEEPING

ACTIVITY

EXPERIENCE PSYCHOLOGY



## STAGES OF SLEEP *Notes*

### I. STAGES OF SLEEP

#### 1. Stage 1 - (up to 10 minutes)

- A. Between wakefulness and
- B. Head bobbing, muscles l
- C. Pulse and breathing deci
- D. Brain activity changes &
- E. If awakened, you may sa

#### 2. Stage 2 Sleep - (10-25 min)

- A. Eyes begin to roll side to
- B. **Sleep Spindles** appear - r
- C. Body temperature begins to dr

# STAGES OF SLEEP

*Notes*

#### 3. Stage 3

- A. Dee
- B. Delt
- C. Slee
- D.

#### 4. REM Sleep (Stage 4) - (5 - 60 min)

- A. Rapid Eye Movement stage
- B. Eyes move rapidly side to side
- C. Brain waves look like awakened state
- D. Pulse, breathing, temperature more like awakened state
- E. Most dreaming occurs here
- F. Arm & leg muscles paralyze to prevent acting out dreams
- G. If awakened, will feel groggy and extra tired
- H. First REM sleep may only be 5 min while final REM sleep could be up to 60 minutes.

FULLY EDITABLE  
NOTES IN GOOGLE  
SLIDES FORMAT!

START WITH THIS  
COMPLETE SET OF  
"STAGES OF SLEEP"  
NOTES!

TEACHER SCRIPT & POST DISCUSSION  
**THE ENCHANTED CITY: SLEEPING ACTIVITY**

**Notes to Teacher**

Read slowly. Pause often. Allow participants to enter into the story. You do not want to be the focus. You want to be a facilitator that allows participants to enter into an altered state of consciousness called sleep. Shut off all lights, pull shades, and silence any items that may make noise. Create an atmosphere conducive for sleeping. This complete script below that guides the sleeping portion of the activity will last about 20 minutes.

**• BEGINNING OF SCRIPT •**

**The Introduction**

Find a place in the classroom where you can get comfortable. Feel free to put your head on your desk, lay on the floor, or find a corner of the room.

**The Relaxation**

Now that you are comfortable (pause) and now slowly let your breath out. Now slowly let your breath in. Allow your body to relax. Now, let all of your muscles go into a state of calm. Your hands. Your feet. Your face. Your world of sleep and relaxation. Breathe out.

**The Story**

Now, imagine you are floating in time. Everything around you is your cloud, you enjoy seeing the sky. You take a moment to rest.

As you continue to float through time, you move closer to the light. The light, and begin to notice the near edge of the city to the move off your cloud, step into the street.

The first thing you notice about the city is the different colors of the rainbow. As you continue to walk through the city, there are no people here in the street. No adults. No kids. No streets, lights, and buildings.

The air starts to get cold as you begin to walk a street. There is a large building and notice a waiting area with a sign that says "Waiting Area". You are replaying an episode of a TV show. How do you feel? How do you feel about some of those people?

As you walk, you notice a sign that says "No Parking". You notice a sign that says "No Parking".

revolutionaries or inventors who have various picture frames come to life as you to be achievement.

You imagine the picture frames of you. You step off and see a door. You walk onto an extremely long hallway. You see the figures of people, family, and others are friends. Some are figures posed? What influences the escalator down and up?

**THEN PUT YOUR STUDENTS TO SLEEP WITH THIS ENGAGING SCRIPT**



**THE SAME ACTIVITY THAT WAS FEATURED ON GOOD MORNING AMERICA**

people, places and social events during your life. You are parents of a child. The picture frames off the wall in real time. Which picture frame? Which

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**ENCHANTED CITY: SLEEPING ACTIVITY**

**SLEEPING ACTIVITY REFLECTION**

name:

Pre Sleeping Observations		Post Sleeping Observations	
Heart Rate / Pulse		Heart Rate / Pulse	
Body feel / Temperature		Body feel / Temperature	
Mental State		Mental State	
Physical State		Physical State	
Other Observations		Other Observations	

In chronological order, write down as many details that you can remember about the story. Be as specific as you can with what you personally saw, envisioned, or experienced in the story.

Write a paragraph about your sleeping experience: (What sleep? What evidence would suggest this? What did you learn? What surprised you?)



**“MY PSYCHOLOGY CLASSES LOVED THIS SLEEPING ACTIVITY. EVEN THE ONE CLASS THAT I DIDN'T THINK WOULD BE ABLE TO ENGAGE WITH THIS ACTIVITY LOVED IT! I LOOK FORWARD TO THIS EVERY SEMESTER. PLUS, THE KIDS LOVED HAVING A LEGITIMATE OPPORTUNITY TO SLEEP IN CLASS.”**

**SUSAN - ★★★★★**

**MY PSYCHOLOGY STUDENTS' FAVORITE LESSON OF THE YEAR!  
THANK YOU!**

**ANGELIQUE - ★★★★★**

**“MY STUDENTS LOVED THAT I LET THEM SLEEP IN CLASS! THEY BEGGED ME TO DO IT AGAIN! GREAT, COMPLETE RESOURCE.”**

**LISA - ★★★★★**





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