

CHOICE BOARD

"WHY ARE WE SOOOOOO TIRED?" AND "THE STORY OF SLEEP"

Using information in the article and infographic, create an illustrated children's book that teaches young readers about the importance of sleep and provides tips for how to make sure they get enough.

Create a talk show in which people from the article—the famous nappers, Randy Gardner, Mary Carskadon, Dr. Rafael Pelayo—are invited to discuss sleep deprivation and sleep solutions. Your talk show can be a video conference (like Zoom or Google Meet), a podcast, or a written transcript.

Write a poem about sleep using one of the titles below or a title of your choosing.

"What Keeps Me Awake at Night"

"A Perfect Storm"

"Zzzzzz"

"Serenity"

Create a chart with two columns: "Effects of Sleep Deprivation" and "Benefits of Sleep." Then fill in the chart with details from the article and infographic.

Make a public service announcement for teens about how to get a good night's sleep. Your PSA can be a slideshow, poster, or video. Use information from the article and infographic.

Note: This is the contest prompt that appears at the end of the article.

Create a crossword puzzle using the six boldfaced vocabulary words in the article, plus three additional words of your choice. Create your puzzle by hand or using an online tool such as Discovery's "Criss-Cross Puzzlemaker." Then give your puzzle to a friend or family member to solve.