

# ZZZPOWER™

Sleep savvy. Live happy.



Join a movement of communities across Canada who are empowering happy families with knowledge and techniques to support mental well-being through the power of healthy sleep.

## The ZzzPower™ Sleep Program for K-2 Students: Sleep-Focused Strategies for Mental Health

**There's a major challenge at schools.**

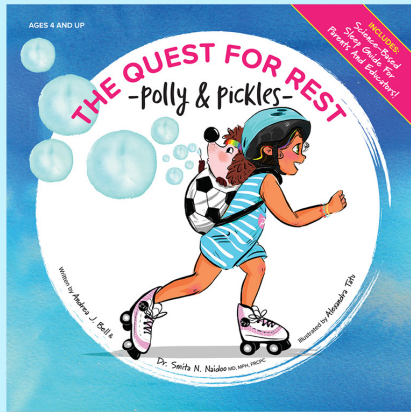
Kids need sleep to be fully engaged in their lives, yet 70 percent of Canadian kids don't get enough sleep. That's nearly three out of four kids turning up to school tired, unable to retain what they learn and unequipped to flourish mentally and physically.

**There's a refreshingly practical way to turn things around.**

The ZzzPower™ Sleep Program can change this. It's an elementary school-focused initiative for school districts to champion the role of healthy sleep and its direct link to learning and mental well-being.

SNEAK PEEK:

The Quest For Rest Two-Part Book



**Did you know?**  
Sleep disorders are common 25-50% of children will have some type of sleep disorder at some point between infancy and adolescence.

**70%**  
70% of Canadian children do not get the amount of sleep recommended for their age group.

**34%** preschool children, **32%** of school-aged children and **47%** of high-school students require more sleep than their parents subject.

**Children today sleep on average 1 hour less per night than they did in the 1970s.**

**The science behind sleep**  
We all have a "biological clock" in our brain, which helps to regulate our sleep cycle.

This clock is mostly developed by the age of six months. These back to your child and their sleep habits as a baby. When were they able to sleep through the night?

Interestingly, our clocks get "shaken up" in adolescence with all of the hormone changes that occur between the ages of 12 and 18. This leads to a much later bedtime for teens called a "sleep advance". If you have a teen in your life, you may have noticed their late bedtime habits and late wake-up times. It's not the teens fault, it's natural!

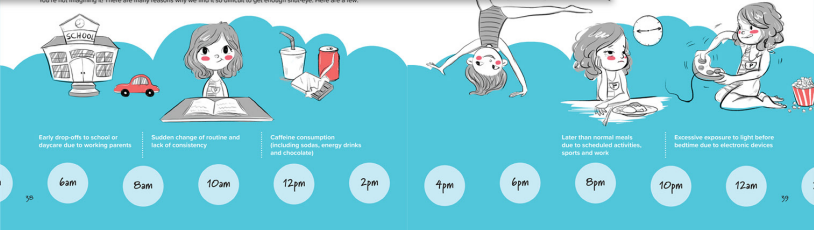
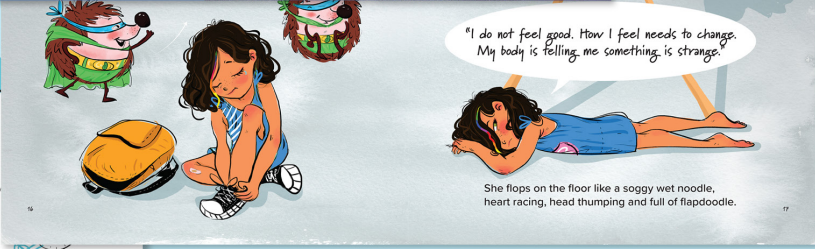
Since our sleep cycles are literally the clockwork, a change in routine can really confuse our poor brains! Do you ever get the Monday morning blues? This is a great example of how changes in our sleep patterns can affect our concentration, mood and physical well-being.

**The top priority reading places on sleep rewarding individuals who sleep less than five hours an efficient, hard-working and powerful!**

**#1**  
Sleep problems are the No. 1 health concern brought forward to family doctors and pediatricians in both America.

**Sleep is an active process.**  
Every time we sleep, 25 new cells are growing our brains and bodies on a new wave!

Download your very own Zzz Power Sleep Chart at [www.paperboardprojects.ca](http://www.paperboardprojects.ca)



**Looking for simple techniques to revamp your family's bedtime routine and wake up to a happy, healthy child?**

Discover the latest science-based sleep tips that will benefit your entire family!

Dive into this vibrant two-part book to learn creative and practical ways you can bring Zzz Power into your home! Co-authored by dynamic mom and toddler duo, The Quest For Rest pairs an imaginative and scientifically illustrated bedtime story with a science-based sleep guide for better bedtimes starting tonight.

**The Quest for Rest is an innovative sleep resource that empowers and educates.**

To get you, your teen Polly and her sidekick Pickles in very dynamic, headstrong, best friends who have adventures every day. As the weeks unfold, Polly tries to understand why her sleep is gone. With the help of Pickles, she discovers the importance of sleep and a healthy bedtime routine.

The Quest for Rest offers much-needed help by combining two books in one and motivates children to take the lead. This book is a key piece to solving the sleep issue!

Dr. Jane Garland, MD, FRCP, Clinical Professor Emeritus, Psychiatry, University of British Columbia, author of *Timing: Why Progress*

Price: \$21.99 CAN  
Paperback  
www.science.meets.creativity.com  
www.paperboardprojects.ca



SNEAK PEEK:

ZzzPower Sleep Program

**ZZZPOWER™**

**ZzzPower™ Sleep Program**  
A healthy, practical and fun program to help students become fully engaged in their learning.

**Healthy Sleep**  
It's not just about physical and mental health.

**K-2 CURRICULUM**  
Based on the book *The Curious Case of Benjamin Button* by Judy Blume.

**For Grades 3-5**  
Based on the book *The Curious Case of Benjamin Button* by Judy Blume.

**PAPERCLOUDS**  
Sleep Smiley. Love Happy.

**ZZZPOWER™ SONG**

Sing to the melody of "The Alphabet Song"

I can do it, I will try,  
everything I need is right inside.  
Love my body, love my mind,  
I need both to help me shine.  
Zzz POWER, Zzz POWER,  
Now I KNOW,  
energize me from head  
To ToE.

**PAPERCLOUDS**

**FAQs**

1. **What is this program for?**  
A. To address the sleep and attention issues of the 21st century.

2. **Who can use this program?**  
A. From young children, to young adults, to anyone who needs to be more productive and focused.

3. **What will I have to do?**  
A. Nothing! You will be able to use the program in your classroom, at home, or wherever you are.

4. **Is it suitable for students of all ages?**  
A. Yes, it is suitable for students of all ages.

5. **Is it suitable for students of all abilities?**  
A. Yes, it is suitable for students of all abilities.

6. **Is it suitable for students of all cultures?**  
A. Yes, it is suitable for students of all cultures.

7. **Is it suitable for students of all religions?**  
A. Yes, it is suitable for students of all religions.

8. **Is it suitable for students of all ethnicities?**  
A. Yes, it is suitable for students of all ethnicities.

9. **Is it suitable for students of all genders?**  
A. Yes, it is suitable for students of all genders.

10. **Is it suitable for students of all sexual orientations?**  
A. Yes, it is suitable for students of all sexual orientations.

11. **Is it suitable for students of all languages?**  
A. Yes, it is suitable for students of all languages.

12. **Is it suitable for students of all disabilities?**  
A. Yes, it is suitable for students of all disabilities.

13. **Is it suitable for students of all abilities and disabilities?**  
A. Yes, it is suitable for students of all abilities and disabilities.

14. **Is it suitable for students of all abilities and disabilities of all ages?**  
A. Yes, it is suitable for students of all abilities and disabilities of all ages.

15. **Is it suitable for students of all abilities and disabilities of all ages and ethnicities?**  
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**04 ZZZPOWER™ LESSON**

**PAPERCLOUDS**

**03 ZZZPOWER™ LESSON**

**PAPERCLOUDS**

**02 ZZZPOWER™ LESSON**

**PAPERCLOUDS**

**01 ZZZPOWER™ LESSON**

**Sleep unlocks students' potential. Here's why.**

Research shows that sleep is one of the most important steps to learning. In fact, it's been found that students who get enough sleep are more likely to be successful in school. In fact, a study by the University of California found that students who get enough sleep are more likely to be successful in school. In fact, a study by the University of California found that students who get enough sleep are more likely to be successful in school.

**THE GOALS**  
The goal of this program is to help students understand the importance of sleep and how it affects their learning. The goal is to help students understand the importance of sleep and how it affects their learning.

**THE OBJECTIVES**  
The objectives of this program are to help students understand the importance of sleep and how it affects their learning. The objectives are to help students understand the importance of sleep and how it affects their learning.

**THE KEY WORDS**  
Sleep, ZzzPower, Sleep Smiley, Love Happy.

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**LEARNING OBJECTIVES**

1. Understand the importance of sleep and how it affects learning.

2. Identify the signs and symptoms of sleep deprivation.

3. Explain the benefits of good sleep.

4. Describe the role of sleep in learning and memory.

5. Discuss the importance of sleep hygiene.

6. Identify the importance of sleep in mental health.

7. Explain the importance of sleep in physical health.

8. Describe the importance of sleep in emotional health.

9. Discuss the importance of sleep in social health.

10. Explain the importance of sleep in overall health.

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**ZzzPower™ Energizes Me!**

How does your family stay healthy mentally and physically?

Ways to keep a healthy mind

Ways to keep a healthy body

**PAPERCLOUDS**

**SLEEP ZONE BRAINSTORM**

SEE: [ ]

HEAR: [ ]

SMELL: [ ]

What does your family do after school to make sure you're ready for the next day?

**PAPERCLOUDS**

**ZzzPower™ Routine**

What does your family do after school to make sure you're ready for the next day?

**PAPERCLOUDS**

**I Got My ZZZPOWER!**

**PAPERCLOUDS**

Certificate of Achievement



## Canada's first elementary school focussed initiative for school districts who champion the importance of healthy sleep

### It's simple but effective.

The ZzzPower™ Sleep Program features 4 turnkey classroom lessons that use doctor-approved, teacher-validated, and mom-tested activities to drastically improve students' sleep habits.

### It covers all the bases.

The ZzzPower™ Sleep Program also offers fun, stigma-free activities for students to do with their parents. It bridges the gap between what happens at school and what happens at home, covering everything from screen time to bedtime. And it's the perfect complement to social and emotional learning (SEL) initiatives for schools that want to level up!

- "The Quest For Rest" is our evidence-based, fun story book helping families build healthy sleep patterns.
- "ZzzPower Sleep Program" is our elementary school focused initiative for school districts who champion the importance of healthy sleep as a support of mental, emotional, and physical wellness.

**Let's Talk!** To order, collaborate or simply learn more, contact [andrea@paperclouds.ca](mailto:andrea@paperclouds.ca) or 778-886-6870. For more information visit [www.paperclouds.ca](http://www.paperclouds.ca).

*"Our goal is that every child in our district would have 'Polly & Pickles; The Quest for Rest' book in their hands as they pass through Kindergarten/Grade 1".*

**Dr. Daniel To, District Principal**  
Education Services, Surrey Schools



*"Early development and maintenance of a healthy sleep pattern helps to ensure children achieve their potential for physical and intellectual development and sets the foundation for healthy sleep in adult life".*

**Dr. David Wensley, Medical Director**  
BC Children's Hospital, Sleep Laboratory



*"As a Francophone school board, we look forward to having translated materials to use with our young learners. "*

**Marc Champagne, Executive Director,**  
Commission Scolaire Francophone du Yukon



**PAPERCLOUDS**

**Sleep Savvy. Live Happy.**