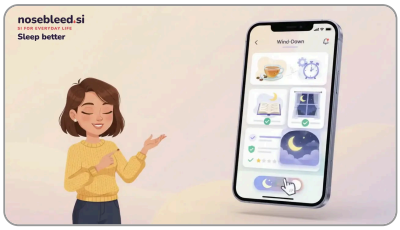
Sleep better

Use a simple sleep diary and AI's ideas to find small changes worth trying.



By the end, you'll be able to:

- spot patterns in a sleep diary
- ask AI for practical, general tips
- know when to talk to a GP or pharmacist instead

Warm-up What helps you sleep, and what keeps you awake?

Talk about it with your group. A warm drink? A busy mind? Noise? A late nap?

1 Read Jim's sleep diary

Jim keeps waking in the night. Here's his diary for three days.

	Monday	Tuesday	Wednesday
Went to bed	11.30pm	10.30pm	12.15am
Woke in the night	3am and 6am	slept through to 6.30am	2am
Afternoon nap	1 hour	none	45 minutes
Tea or coffee after 6pm	2 cups of tea	none	1 coffee
Last thing before sleep	TV in bed	read a book	phone in bed

Part 1, continued: Tuesday was Jim's best night. What was different?

2 Ask AI for ideas

If you have a device, try this prompt with Jim's diary.

TRY THIS PROMPT

I'm 72 and I keep waking in the night. Here's my sleep diary for three days. Please suggest five small, practical changes I could try for two weeks. I know these are general tips, not medical advice. Please don't suggest any medicines.

3 Myth or fact?

	Myth	Fact
Older people need much less sleep.		
A nightcap (an alcoholic drink) helps you sleep well all night.		
Tea and coffee can affect your sleep many hours later.		
If you can't sleep, it can help to get up and do something calm for a while.		
A long nap late in the day can make it harder to sleep at night.		

4 Jim's two-week plan

Choose two changes Jim could try for two weeks.

How will he know if they've worked?

No device? In small groups, each person suggests one change for Jim. The group picks the two easiest to stick to.

5 When to ask a person

AI's tips are general. Talk to your GP or pharmacist if poor sleep goes on for weeks, or you're very tired in the day, or someone notices you snore loudly or stop breathing for moments in your sleep. Ask them, not AI, about sleeping tablets or whether your medicines affect your sleep.

Find out more: read the free step-by-step guide, with a 10-second video, at **nosebleed.si/ideas/sleep-better**

Teacher notes: Sleep better

Time: 45 to 60 minutes

Level: beginners; no AI experience needed

Group: any size; works well in pairs

You'll need: a copy per learner; phones or tablets with an AI chat app (optional)

Before the session

Try the prompt with Jim's diary. Keep the session practical and light; sleep can be a worry for many people. Jim is made up.

Running order

5 min	**Warm-up.** What helps and what hinders sleep.
10 min	**Part 1.** Pairs look for patterns in the diary.
15 min	**Parts 2 and 3.** Try the prompt or read out an AI answer, then myth or fact.
15 min	**Part 4.** Agree Jim's plan.
5 min	**Wrap-up.** When to talk to a GP or pharmacist.

Answers: Part 1

On Tuesday Jim went to bed earlier, had no afternoon nap, no tea or coffee after 6pm, and read a book instead of using a screen in bed.

Part 4: ideas

No tea or coffee after the afternoon; a shorter, earlier nap, or none; reading instead of screens in bed; a regular bedtime. He could keep the diary going for two weeks and compare.

Answers: Part 3

Myth: older people usually need about the same sleep as younger adults, though sleep often gets lighter.
Myth: alcohol may help you drop off, but it tends to disturb sleep later in the night.
Fact: caffeine can last for many hours.
Fact: getting up for a while, then going back to bed when sleepy, is common advice.
Fact: long or late naps can make night-time sleep harder.

Safety notes

- No medicine questions to AI: send learners to a pharmacist or GP.

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