

## World Sleep Day (Roleplay)

<p>You are a 14-year-old boy. You love playing computer games and often stay up till morning. Your marks for the last term are low, and your dad is cross.</p>	<p>You are a 7-year-old boy. Your brother is playing computer games all night and you can't fall asleep because you share a room with him. Also, the neighbours are really noisy sometimes.</p>	<p>You are the mum. All your children have been experiencing problems with sleep and studies. You are worried. You call the family doctor to ask about some sleeping pills for your kids.</p>
<p>You are a 16-year-old girl. You go to bed really late because you are texting with your friends and boyfriend. Yesterday, you fell asleep during a term test. Your teacher called the parents.</p>	<p>You are the dad. All your children have been experiencing problems with sleep and studies. You are angry and worried! It's time to do something with it. You start the conversation.</p>	<p>You are a neighbour of the family with kids. You are a professional musician and you have to practise. Today you have a call from the father of the family.</p>
<p>You are the family doctor. Today you've got a phone call from the mum who is asking you about the sleeping pills for kids. You don't think it's a good idea.</p>	<p>You are a scientist and a friend of the family. You've just finished your research and found out that blue light from smartphones and computers is bad for melatonin, a hormone associated with nighttime, that's why children who overuse technology before bedtime have sleeping disorders. You come to visit your friends and get to a family meeting.</p>	