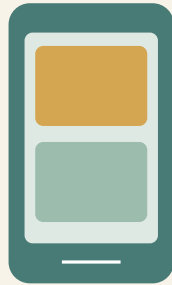


You're Sleepy. So Why Aren't You Going To Bed?

Name: _____

Class: _____



Why can it be hard to end the day even when we're sleepy?

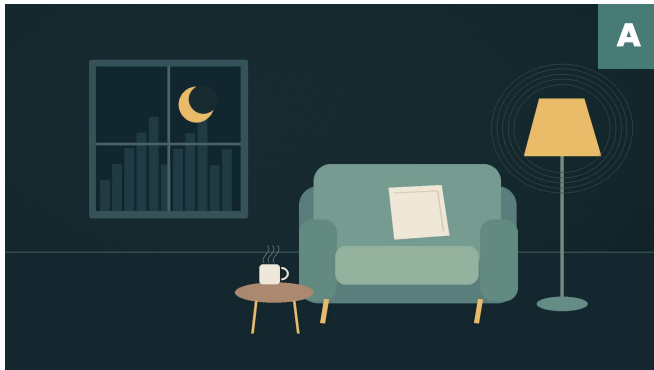
1. Think about these two questions as you watch the video.

In the survey by Floor Kroese and her colleagues, what do people who put off bedtime report about their sleep and daytime tiredness?

What two different explanations for staying up late do people give in interviews with Sanne Nauts and her colleagues?

Put The Frames In Order

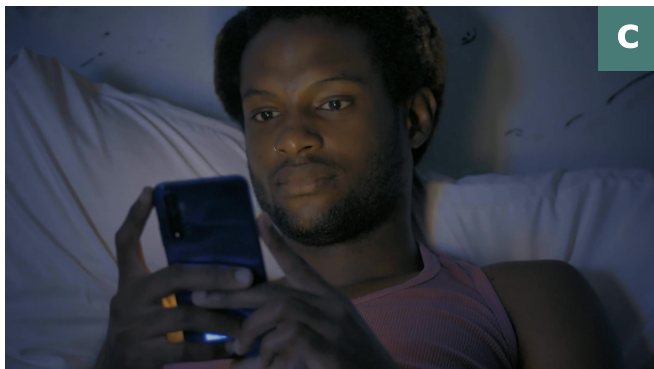
2. Put the frames in the order they first appear in the video. Write their letters in the boxes.



The House Goes Quiet



Five Instead Of Nine



The Phone At The Start



17 Interviews

Order: > > >

a. Why does the video link “One more video” at night with “Five more minutes” in the morning?

b. In Foster’s example, what are teenagers who get little sleep expected to do the next day? Give two examples from the video.

Same Time, Different Reasons

3. Compare these two fictional evenings in Deniz’s life.

Monday

Deniz plans to go to bed at 10:30 p.m. At home, there is nothing left that needs doing. Still, Deniz keeps watching short videos. At 11:30 p.m., Deniz has not gone to bed.

Tuesday

Deniz again plans to go to bed at 10:30 p.m. But the bus home is stuck because the road is closed. At 11:30 p.m., Deniz is still on the bus.

a. Deniz is awake at 11:30 p.m. on both evenings. Why does this not mean the situations are the same? Use one detail from each evening to explain.

b. Change just one detail in Monday’s scene: Deniz still goes to bed late, but this time is not putting bedtime off. Write your new sentence.

Leisure

W. H. Davies • Leisure (1911)

What is this life if, full of care,
We have no time to stand and stare.

No time to stand beneath the boughs
And stare as long as sheep or cows.

No time to see, when woods we pass,
Where squirrels hide their nuts in grass.

No time to see, in broad daylight,
Streams full of stars, like skies at night.

No time to turn at Beauty's glance,
And watch her feet, how they can dance.

No time to wait till her mouth can
Enrich that smile her eyes began.

A poor life this if, full of care,
We have no time to stand and stare.

From *Songs of Joy and Others* (1911), p. 15. Original English text.

4. Underline three details the speaker wants to stop and look at.

a. What feeling does the repetition of “No time” create in the poem?

b. Is the word “poor” in the final two lines only about money? Use one detail from the poem to explain.

Compare The Video And Poem

5. Complete the table using the Video and Davies’s poem.

What To Compare	The Sleep Video	Davies’s Poem
What do people struggle to find time for?		
Choose a detail that brings this situation to life.		
What does the narrator or poet invite us to think about?		

a. Is “stand and stare” in the poem the same as continuing to scroll when you want to stop in the video? Use one detail from each source to explain.

b. Explain an idea the video and poem share in at least 10 words. Include one difference in how they present time.

What A Room Tells Us

Vincent van Gogh • The Bedroom (1889)



Oil on canvas • Art Institute of Chicago
Helen Birch Bartlett Memorial Collection, 1926.417 • Public domain

6. Write down three details you can see in the painting, without interpreting them.

1. _____
2. _____
3. _____

7. How does this room make you feel? Connect your answer to a color or the arrangement of an object.

From Painting To Story

8. “The owner of this room sleeps comfortably every night.” Can the painting tell us this? What information is missing?

9. Connect this room with the video’s phrase “The only time that’s entirely yours.” Also mention something the painting cannot show.

10. Write an 80-100-word story about a fictional person who lives in this room and makes time for themselves at the end of the day. Use two details from the painting. End with a choice; let the events show why the person makes it.

My Title:

Sources

Video

You're Sleepy. So Why Aren't You Going To Bed?

Text

W. H. Davies

Leisure
Songs of Joy and Others
A. C. Fifield • 1911 • p. 15

Public-domain original English poem. The text follows the 1911 edition.

1911 Edition ↗
National Library Of Wales Record ↗

Painting

Vincent van Gogh

The Bedroom
1889 • Oil on canvas

Art Institute of Chicago
Helen Birch Bartlett Memorial Collection
1926.417
Public-domain artwork and image.

Museum Collection ↗
Image And Rights Record ↗

Sources In The Video

- **Floor Kroese And Colleagues • 2014**
Bedtime procrastination: Introducing a new area of procrastination.
- **Sanne Nauts And Colleagues • 2019**
The explanations people give for going to bed late: A qualitative study of the varieties of bedtime procrastination.
- **Russell Foster • TEDGlobal, 2013**
Why do we sleep? The historical comparison refers to the time of the talk.

Video Frames

A, B, and D: Original animations created for the episode.
C: Mixkit, clip 31413 • Stock Video Free License.
Frames are from the approved English video. New drawings were created for this booklet.