



Sleep & Digital Habits

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Peer-led Group Activity

Thematic Area

Sleep & Digital Habits

Activity Title

Scroll with Intention: A Mindful Tech Challenge

Type of resource

Peer-led Group Activity



Duration of Activity *(in minutes)*

45 minutes

Learning Outcome

- Understand how digital habits affect sleep.
- Commitment to incorporate sleep-friendly digital habits into daily life.
- Practice, encourage and advocate for mindful technology use.

Preparation for the Peer Leaders

This activity will help your peers understand the effects digital habits can have on sleep and learn more about the strategies for managing it. The roleplay activity makes the topic engaging and relatable and links everyday choices to real scientific research. The challenge gives participants a personal takeaway to test in real life.

Materials Required for Activity

- Printed or digital scenario cards (include both positive and negative scenarios).
- Flipchart or whiteboard and markers.
- Reflection sheets or post-it notes.
- Digital device if using digital scenario cards.

Step-by-step instructions

Step 1 – Quick Icebreaker (5 min):

Ask everyone: “What’s the last thing you usually do before bed?”

Most answers will involve phones - scrolling, streaming, gaming, and/or messaging.

Have a group discussion on what affects the quality of sleep – write the answers on the whiteboard/flipchart.

Step 2 – Digital Habit Roleplay (15 min)

Split participants into 3 - 4 small groups.

Give each group a scenario card (examples):

- Scrolling TikTok for an hour in bed.
- Gaming until midnight with friends online.
- Watching Netflix with autoplay on.
- Putting the phone away 1 hour before bed and reading instead.
- Doing some arts & crafts
- Meditating, doing yoga, journaling or having face-to-face conversations with family, friends, etc.
- Each group acts out a 2 - 3-minute skit showing what happens that night and how they feel the next morning (groggy, alert, stressed, refreshed, etc.).

Step 3 – The Science Connection (10 min)

The facilitator uses the scenarios and explains:

- Blue light → suppresses melatonin → delays sleep.
- Overstimulation (gaming, scrolling) → keeps the brain “wired.”
- Good digital habits (screen curfew, night mode, no doomscrolling) → improve sleep cycles and mood.

If the time allows, each group can research on their devices for the scientific explanation behind each digital habit and the effects it has on sleep (both positive and negative).

Step 4 – Replace the Digital Habit Challenge (10–15 min)

- Each person writes one digital habit they’ll “swap” at night for a healthier one (swap TikTok with journaling, swap gaming with relaxing music, swap doomscrolling with reading).
- Ask them to highlight how they are going to hold themselves accountable for implementing it (they might set a goal that they will do it every second day or that they will set a reminder on the phone, set a shared challenge with a friend).
- Share swaps with the group.
- Encourage trying the swap for a set time period and journal the effects it has on the quality of sleep and their well-being.

Reflection

Self-Reflection Questions:

1. Do my digital habits impact my sleep?
2. What changes can I make to improve my sleep?
3. Do my digital habits affect my relationships with others?

Group Discussion Questions:

1. How do digital habits affect our sleep, life and relationships?
2. What steps can we take to improve our lives through better sleep hygiene?
3. How best to promote good digital habits with our friends and family?

Wrap-up

Taking the last hour of your day to step away from screens can greatly enhance your overall well-being. Give it a try - you might be surprised by the positive impact it has!



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