

The **Class** that **Can**

STAY HEALTHY

Sleep & Screen Time

Written by Riya Jain & JJ Vulopas

Special foreword by Dr. Raina Gupta
and illustrated by Bill Dussinger



Lancaster, PA

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FOREWORD

Hello kids, parents, teachers, family members and friends!

Welcome again to the Class that Can! I am so proud of you for reading this book and learning about all of the things you CAN do to be healthy!

As a Sleep Doctor, a Brain Doctor, and a mom, I see how getting good sleep can help us all stay healthy and feel better during the day! Good sleep is an important part of our health. This is true for everyone, kids and grownups alike. It doesn't matter where you live, where you sleep, or how old you are! There is so much we CAN do to make our sleep better and make us feel better during the day! We all must recharge our batteries nightly to keep healthy! I hope you spread the word to your families, friends and communities! We CAN have better sleep!

Good sleep can have a positive impact on our energy, concentration, reaction time, memory, mood, weight, growth, hormones and much more! Getting an adequate amount of sleep can help decrease obesity, improve learning and paying attention in school, and help to keep us happy with a stable mood. If you want to learn more about sleep, please contact your doctor.

I hope that you and your families add the tips in this book to your daily routine! We CAN turn off all screens one hour prior to sleep! We CAN sleep enough hours nightly! We CAN feel better during the day! What else CAN you do to keep yourself, your family, and your community healthy? You CAN do and be anything you want!

Sleep soundly!
Raina Gupta, MD



Today is Can Day.

In our classroom, **every day is CAN DAY!**



My name is Collin, and
I am a kid from the
Land of Can!

I know. I do. I am. I can!

I can write.

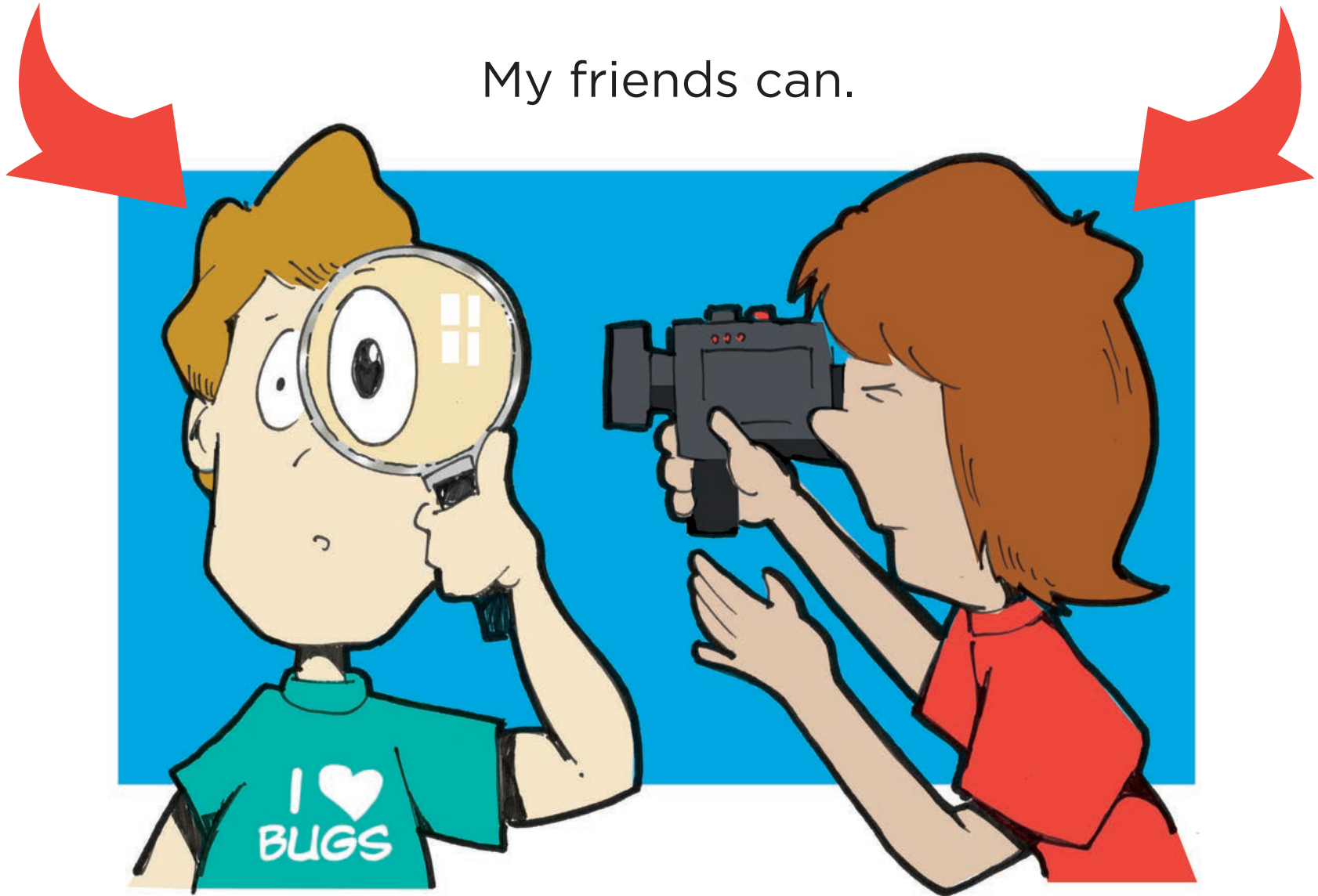
That's why Mrs. Can
asked me to write the
book that you're
reading right now.



That's my friend Nathan.
He loves learning science!

And Isabella over there
loves to make movies.

My friends can.



That may sound like an odd thing to say, but it's true. There's even a giant, tongue-twisting, lip-lifting, cheek-chuckling sign that hangs on the wall in front of [Can Classroom](#).

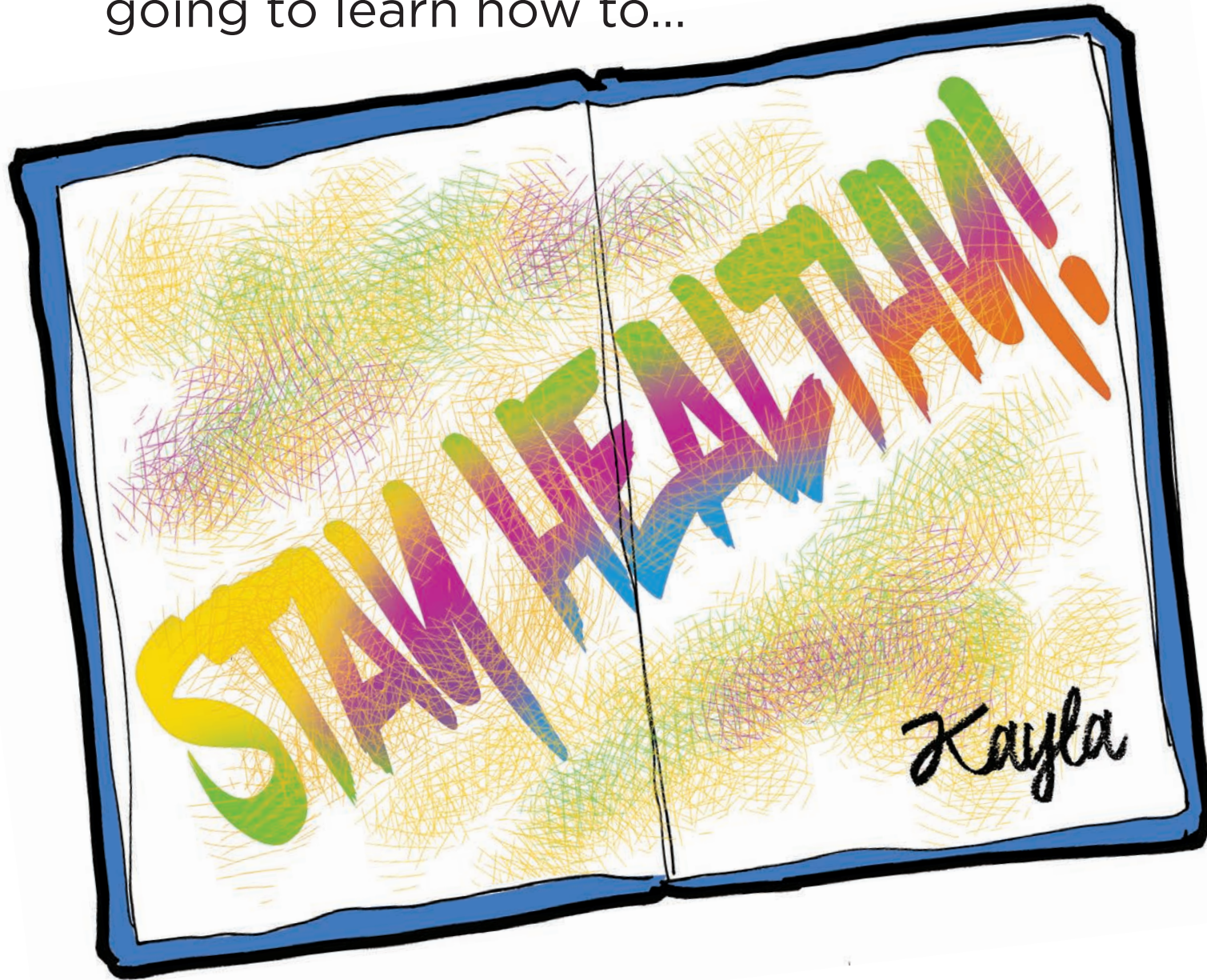


* Repeat this phrase five times as fast as you can, each time getting louder and LOUDer and LOUDER!



“What are we going to learn today, Mrs. Can?” Kayla asked, opening her sketchbook. Kayla always illustrates what we learn.

“Today Class,” Mrs. Can said, “we are going to learn how to...

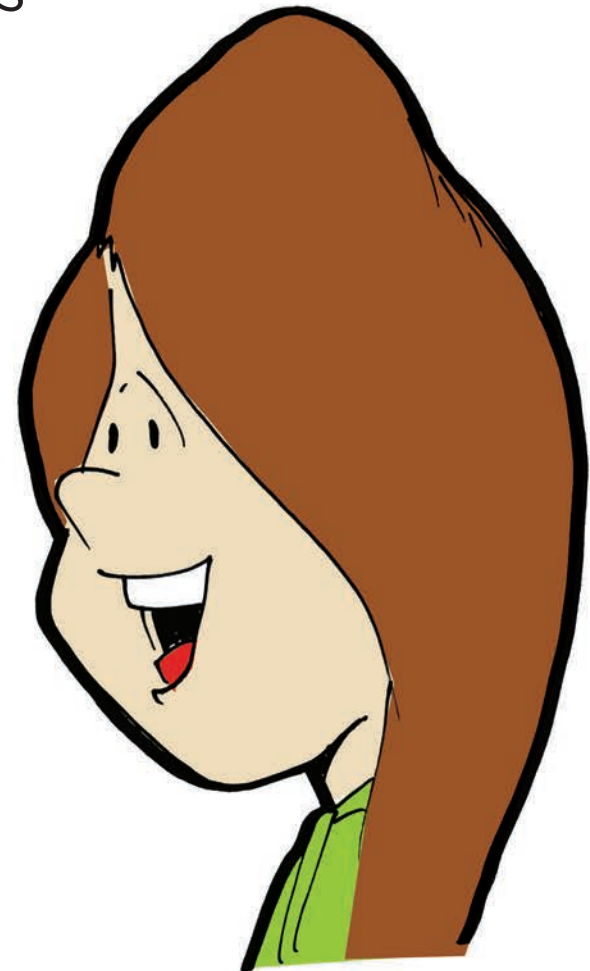
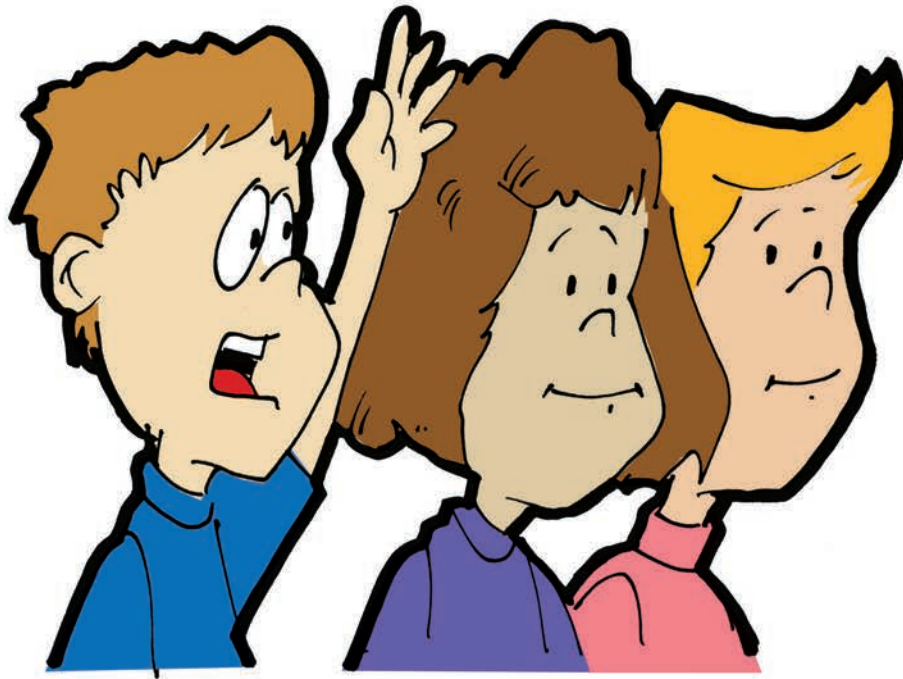


PART THREE

Healthy Sleep

“Wait,” Jack whined. “We already learned how to stay healthy last week with Nurse Clara!”

“You’re right,” Mrs. Can nodded. “Last week Nurse Clara did teach us the magic of protecting ourselves from germs. What tricks did we learn?”



“To wash
our hands
with soap
and
water!”



“For
twenty
seconds!”



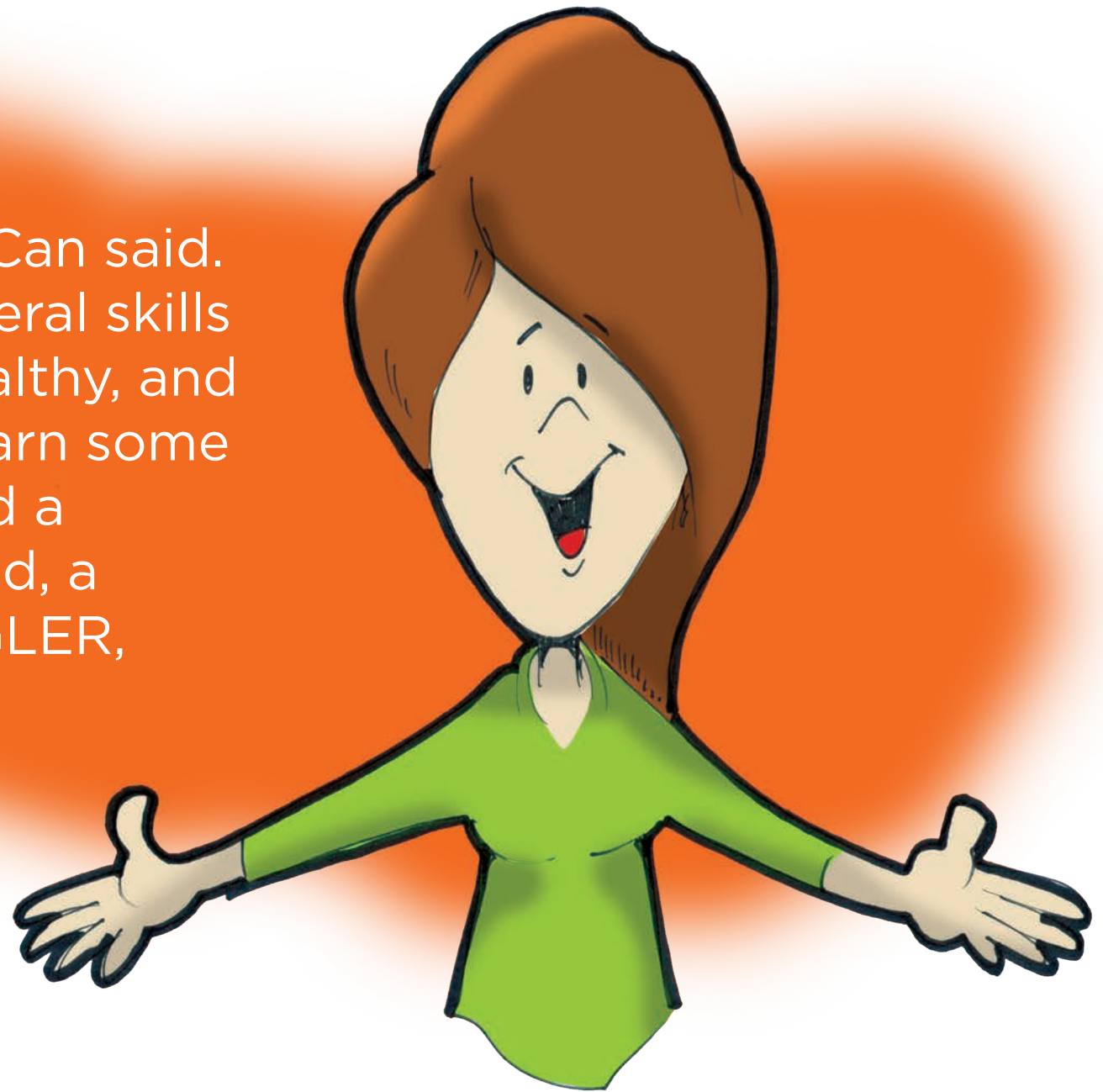
“And
sneezing
and coughing
into our
elbows!”



“Yeah!
The force
fields!”

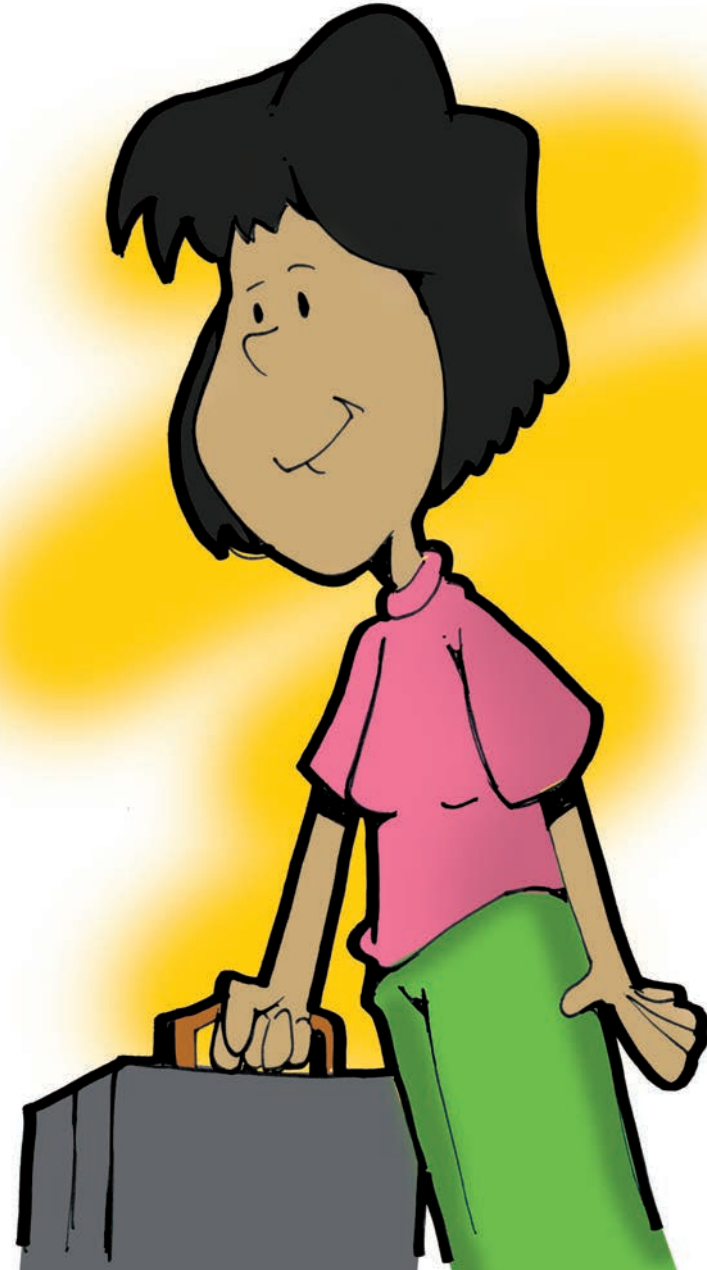


“Right!” Mrs. Can said. There are several skills to staying healthy, and today, let’s learn some more! I invited a fantastic friend, a jubilant JUGGLER, to join us.”



With a burst, **Dazzling Doorway** opened, and our class cheered as Mrs. Can's friend appeared, holding a big briefcase.

Our excitement quickly became confusion, however, when we realized that the juggler was our school's social worker, Mrs. Listen!



“Hello everyone!” Mrs. Listen announced.
“I’m Mrs. Listen, and I can juggle!”



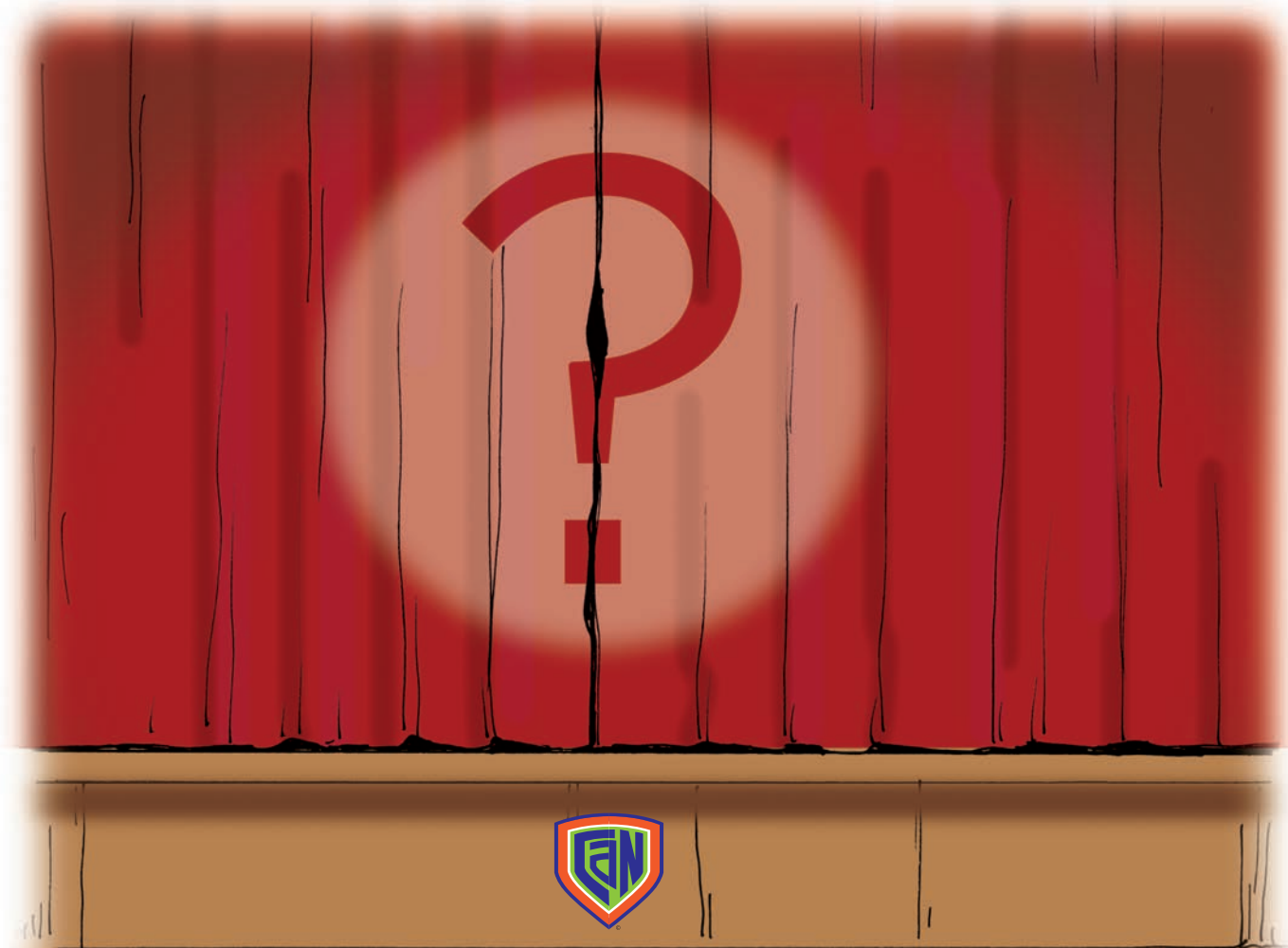
“Wait,” Jack whined.
“What does juggling have to do with staying healthy?”



“Smart question, Jack,” Mrs. Listen said. “To find out, follow me to [Amazing Auditorium!](#)”

When we arrived at **Amazing Auditorium**, we still weren't sure what juggling had to do with staying healthy.

But Mrs. Can always says that people can do multiple things. We paid attention!





Mrs. Listen hopped onto the stage as we took our seats.

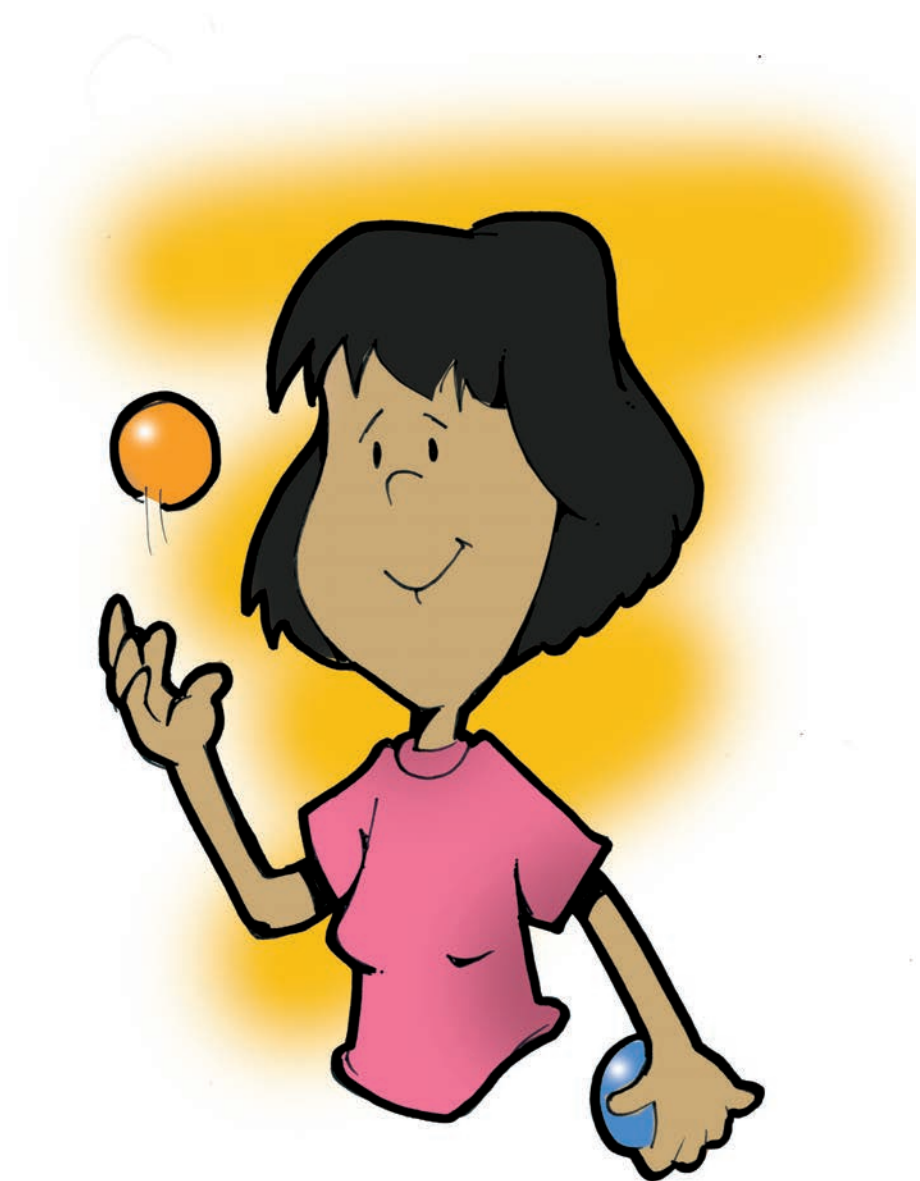
“We need music!” Mrs. Listen announced, pointing to Mrs. Can.

“Here’s my **Jazzy Jukebox!**” Mrs. Can proclaimed, holding up her cell phone. She tapped her screen, and music began playing.

We clapped in time with the beat.

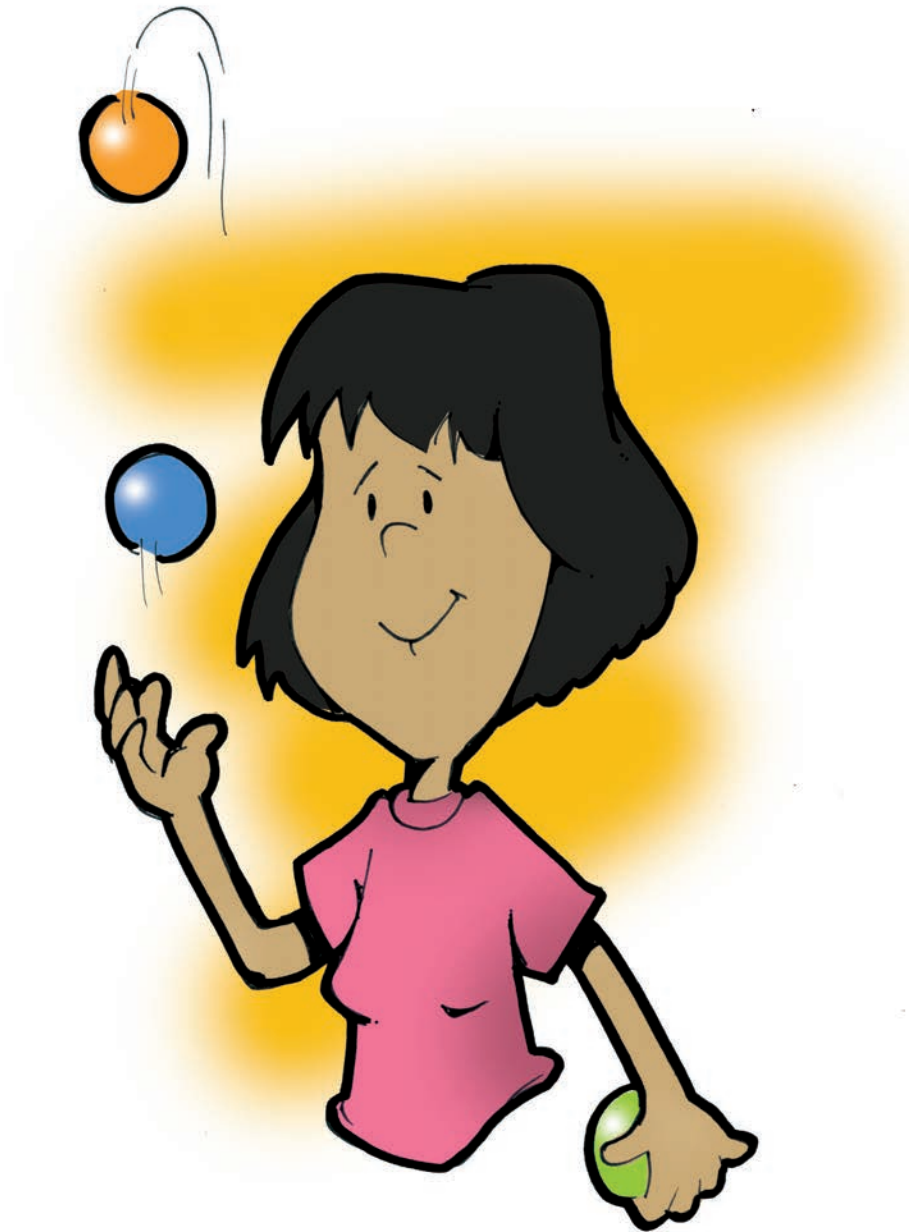
Mrs. Listen took a ball from her bag, and started tossing it and catching it.

We continued clapping.



Then Mrs. Listen
added a second ball.
She was tossing and
catching them both,
one after the other.

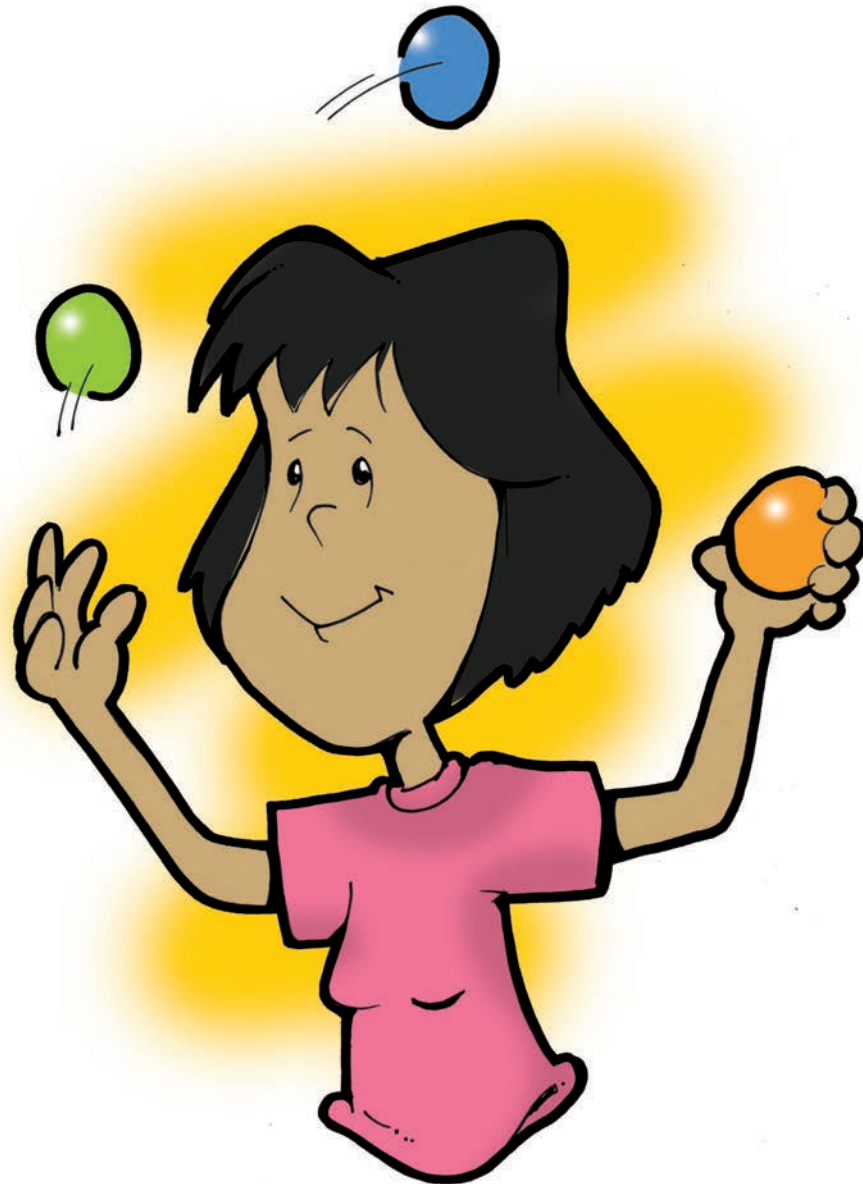
We clapped **louder**.



We clapped even

louder

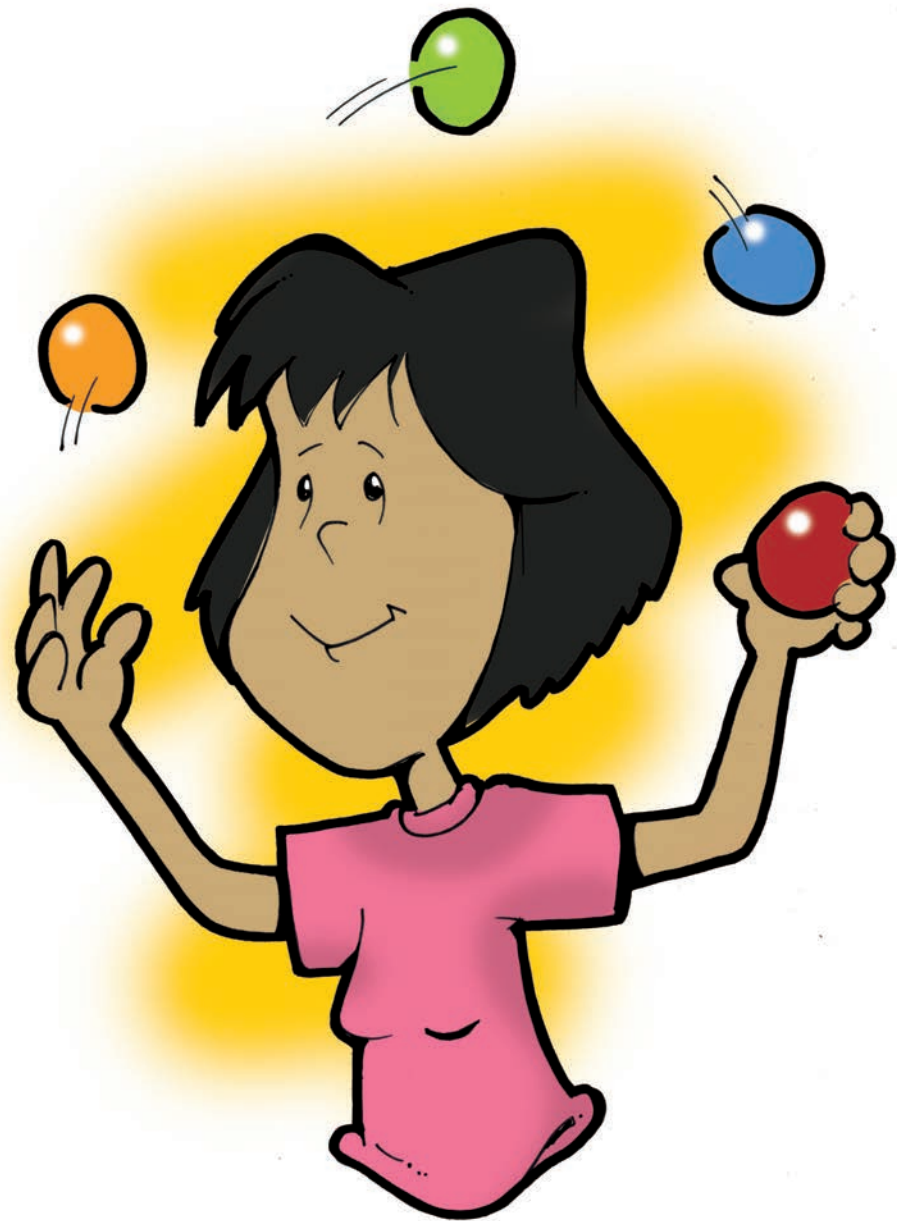
when she added
the third ball.



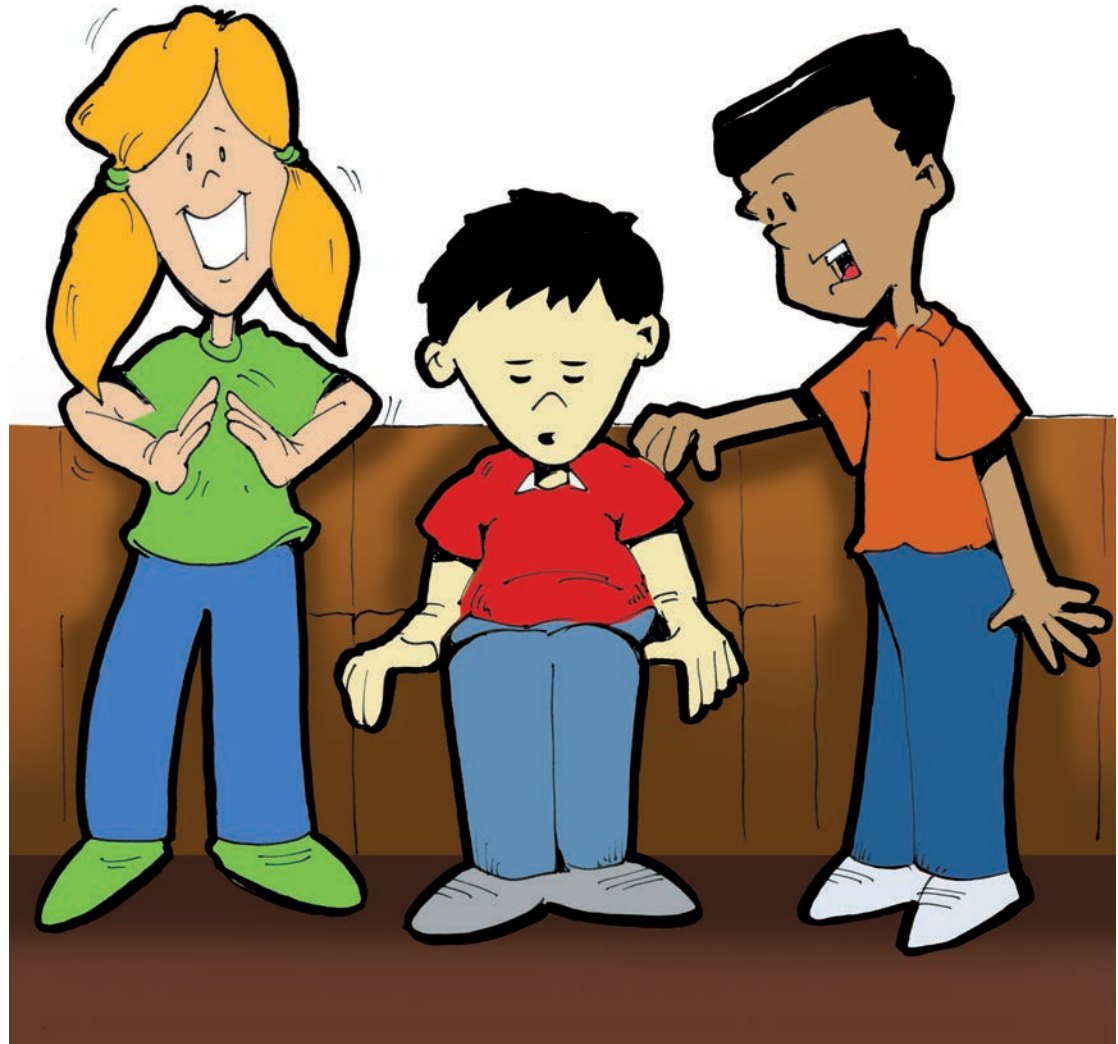
And

louder

when she added
the fourth!



When she added the fifth ball, everyone was on their feet, cheering. Everyone, that is, except for Alex.



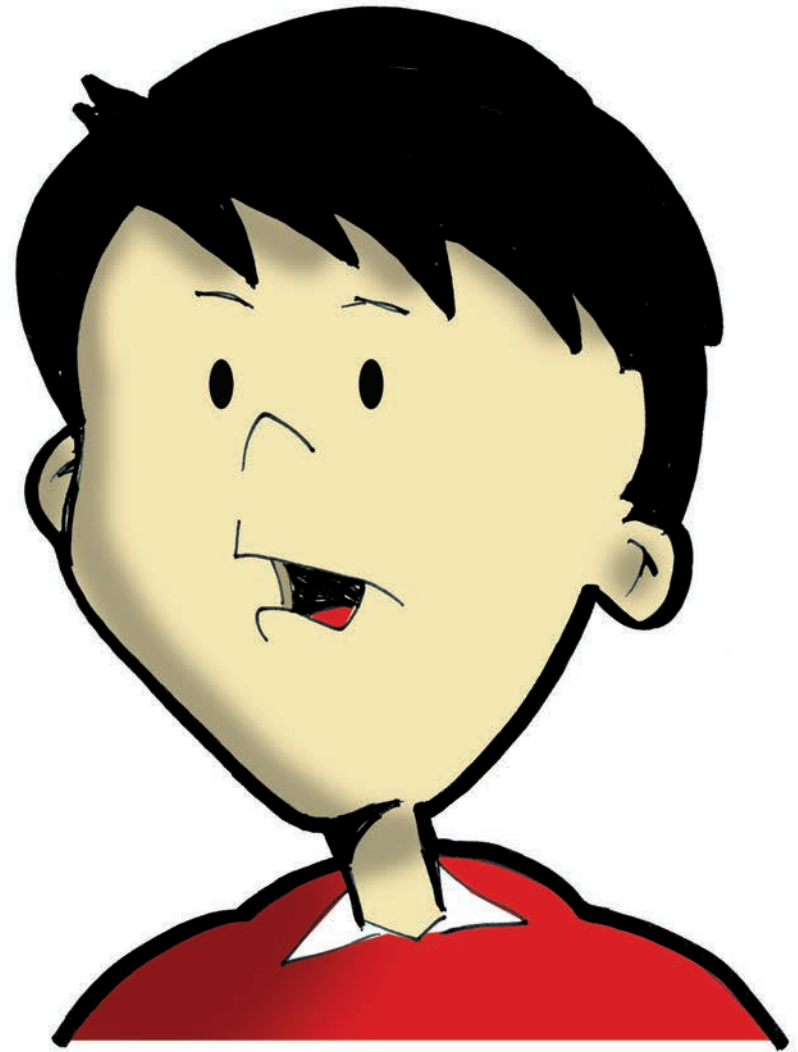
Alex was still sitting in his seat, and I was confused, because Alex is usually filled with energy. I went over to him. “Are you okay?” I asked. “Aren’t you having fun?”

“This is all great, I guess,” Alex moped, “I just don’t feel like cheering.” Suddenly, the music stopped.

“Looks like you lost your charge today, Alex,” Mrs. Listen called. She hopped off the stage.

“I don’t know why I feel so tired.” Alex yawned.

“I think I might have an idea,” Mrs. Listen said. “I can show you how to get energy.”





Kayla looked at Mrs. Can. “She can?”

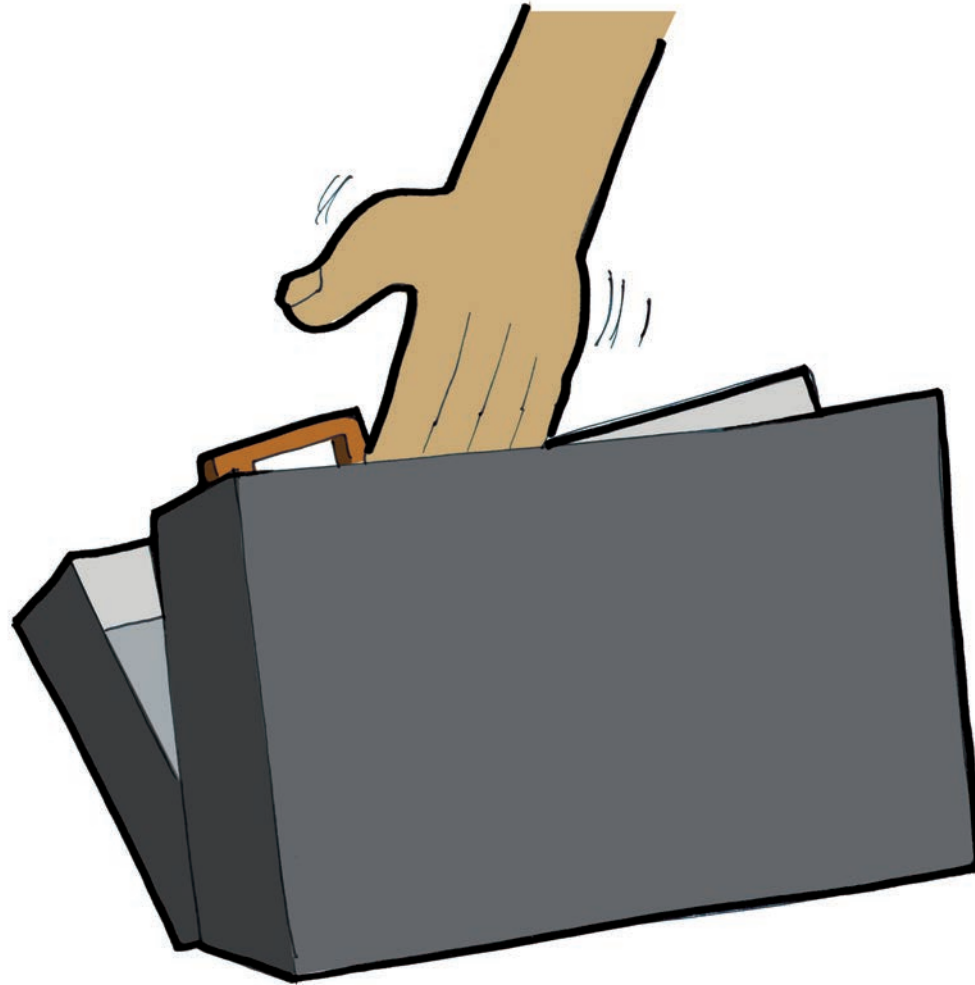
“She can!” Mrs. Can exclaimed. “Mrs. Listen can!”

“How many of you have ever felt tired in the middle of the day, like Alex?” Mrs. Listen asked.

All hands went up.



“Of course!” Mrs. Listen said.
“Everyone feels like that sometimes.
Class, I want you all to think of yourselves as...”



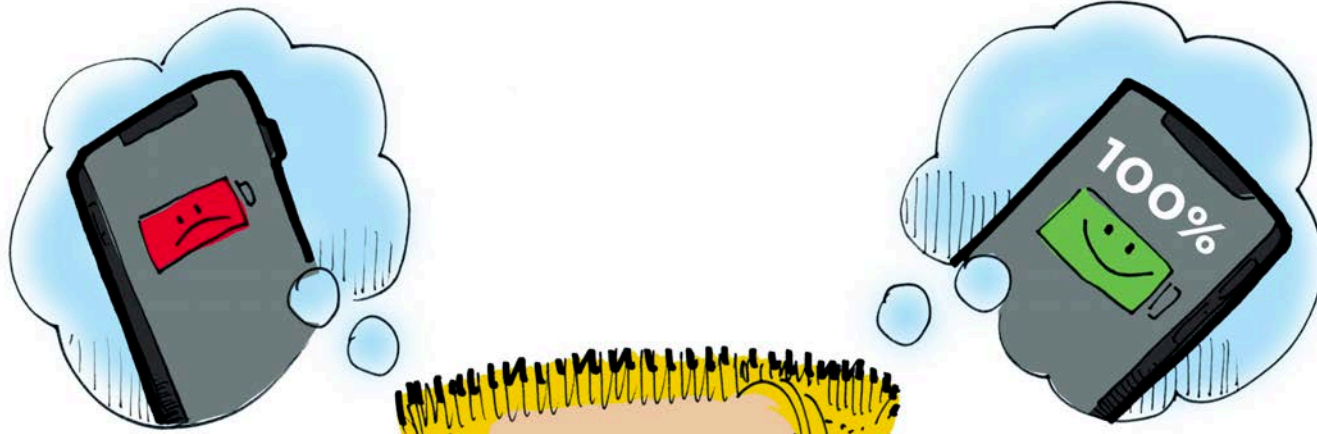
She reached into her bag.

“...batteries!”

“Batteries are important because they provide energy,” she explained.

“These batteries are special because they can be recharged.”





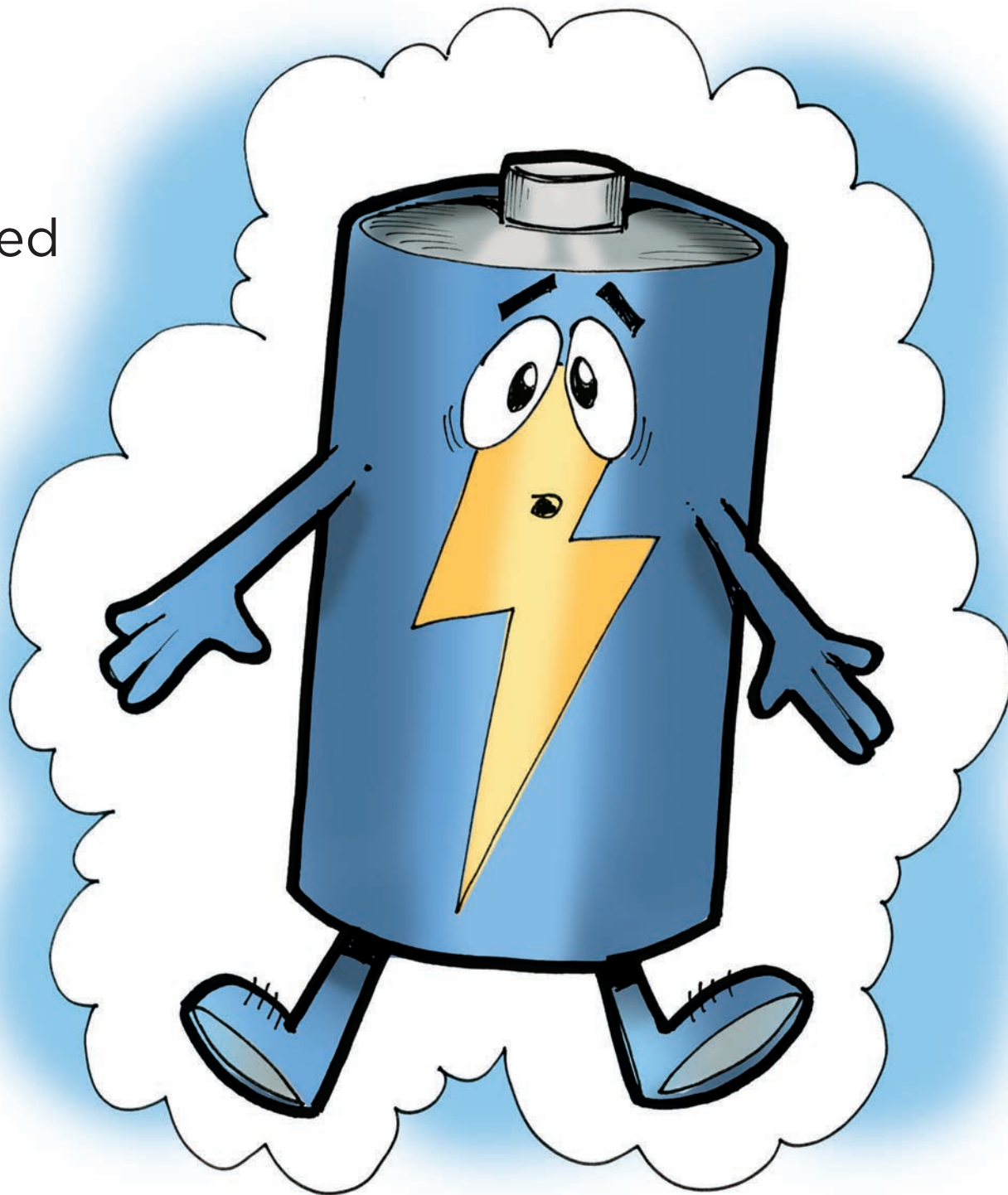
“Like the battery in my big brother’s phone?” Parker asked.

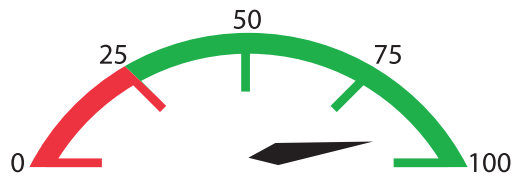
“Exactly,” Mrs. Listen responded. “What happens when your brother’s cell battery gets to zero?”

“He charges it overnight,” Parker said. “In the morning, the battery goes to a hundred again!”

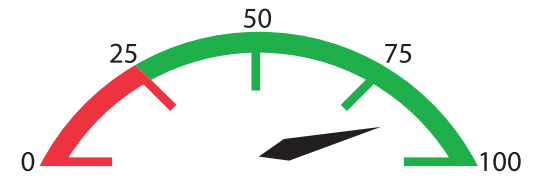
Mrs. Listen jumped onto the stage.

“If you were a battery,” she proclaimed, “how energized would you feel right now? What’s your charge?”

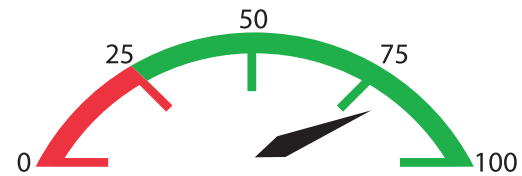




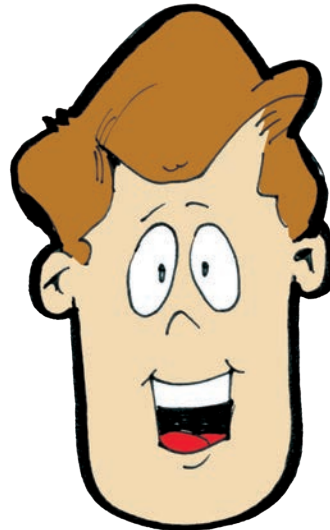
“90%!” I answered.

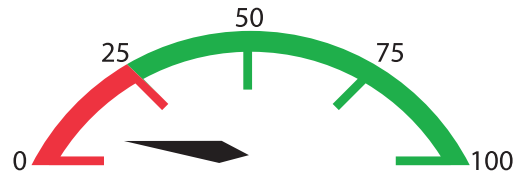


“85%!”
Maya said.



“I’m 80%, Mrs. Listen!”
Nathan shouted.





We all looked to Alex,
and he shrugged.
“I’m 10%,”
he said quietly.



“Okay,” Mrs. Listen said. “Now, I have another question. How much sleep did you get last night?”



11



“Eleven hours!”
I answered.

10



“Ten hours!”
Maya shouted.

9



“Nine hours!”
Nathan exclaimed.

We all looked to Alex. “Five hours,” he said quietly. “I went to my bedroom early, but I stayed up late watching videos.”

5



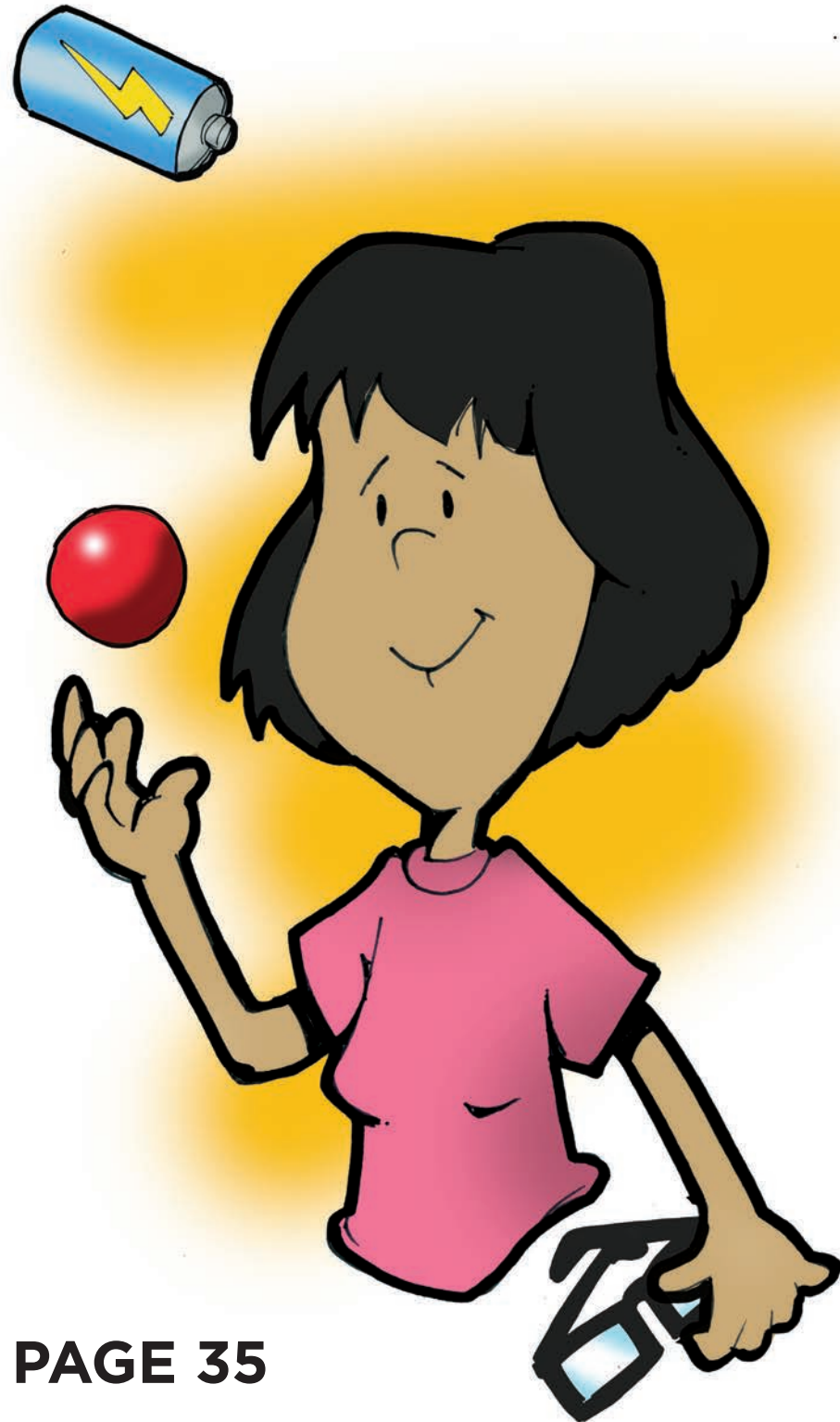
“We’re like batteries,” Ms. Listen explained. “We need to recharge, too. We recharge by sleeping. If you plug in a cell phone for ten minutes, it won’t have enough power for the whole day. We’re the same. Alex, if you only get five hours of sleep, you won’t be wide awake.”

Just then, Mrs. Listen opened her bag and pulled out a battery. She started tossing it and catching it, and we clapped along.



Then she added
a ball. She was
tossing and
catching them
both.

We started to
clap **louder**.



We clapped even

louder

when she added
the third object:
a pair of glasses.



And

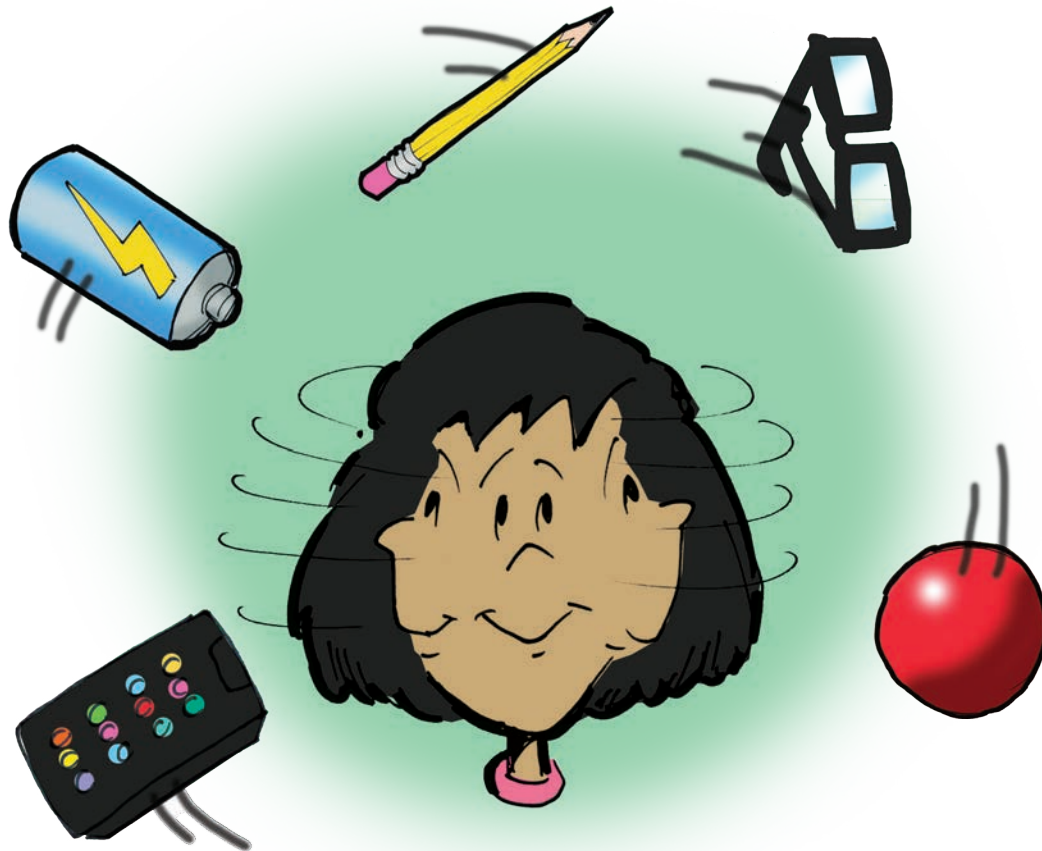
louder

when she added
a fourth: a pencil!



When she added the fifth object, her cell phone, everyone was on their feet again, cheering.

“How do you do that?” Ava called.



“It takes focus,” said Mrs. Listen. “If you get a good night’s sleep, you will be energized, see things clearly, be active, learn and communicate with others!”



Mrs. Can joined Mrs. Listen on the stage.
“Try that again!” Mrs. Can said.
Mrs. Listen juggled the five objects with ease.

Mrs. Can reached into her pocket and grabbed her phone. “Check out this completely captivating clip of my cute kitty chewing catnip!”

Mrs. Listen started watching the video on the screen. Within seconds, all of the objects she had been juggling tumbled to the ground.



Mrs. Can looked at Alex,
and Alex nodded.

“I think I get it now,” Alex said.
“With a good night’s sleep, I
can be prepared for the day.
But if instead I stay up late
watching TV or playing on my
phone, all of that goes away.
Now it makes sense why I’m so
tired.”

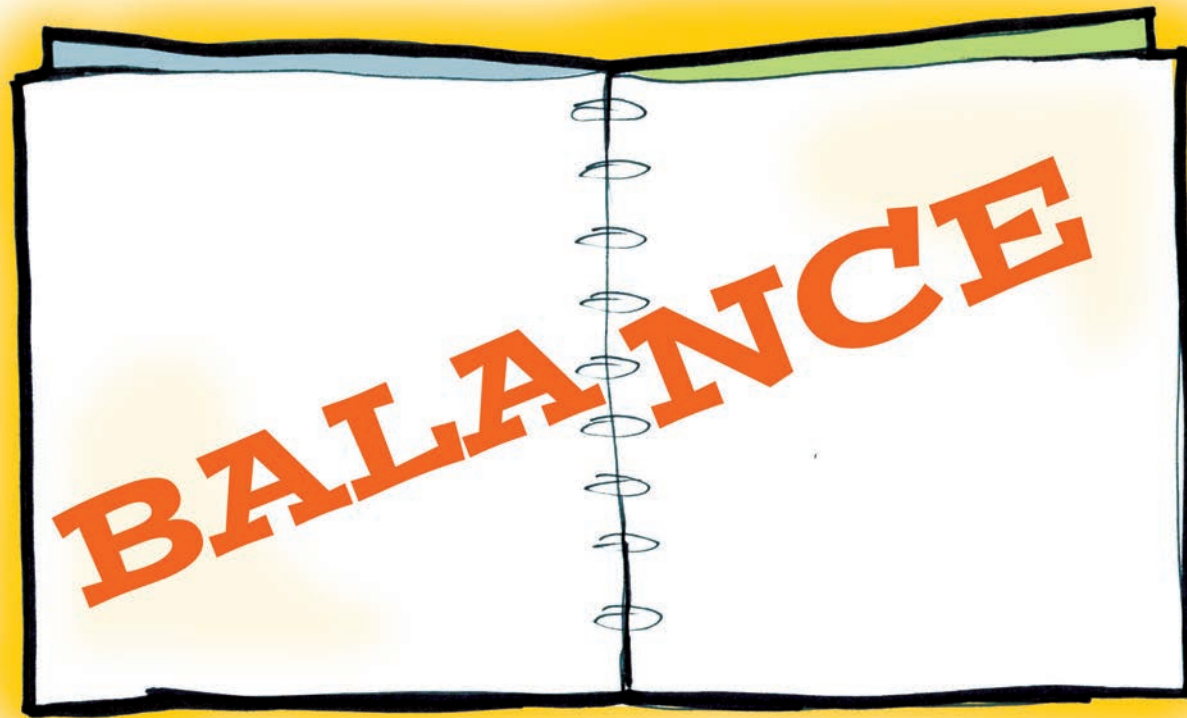
“Exactly,” Mrs. Listen said.
“Some screen time each day
is perfectly fine. Too much,
though, can prevent us from
staying healthy.”



“So we need balance?” Kayla asked.

“Exactly,” she said, and Kayla wrote the word in her sketchbook.

Kayla’s poster captured everything that Mrs. Listen taught us that day about healthy sleeping and screen time.



Balance

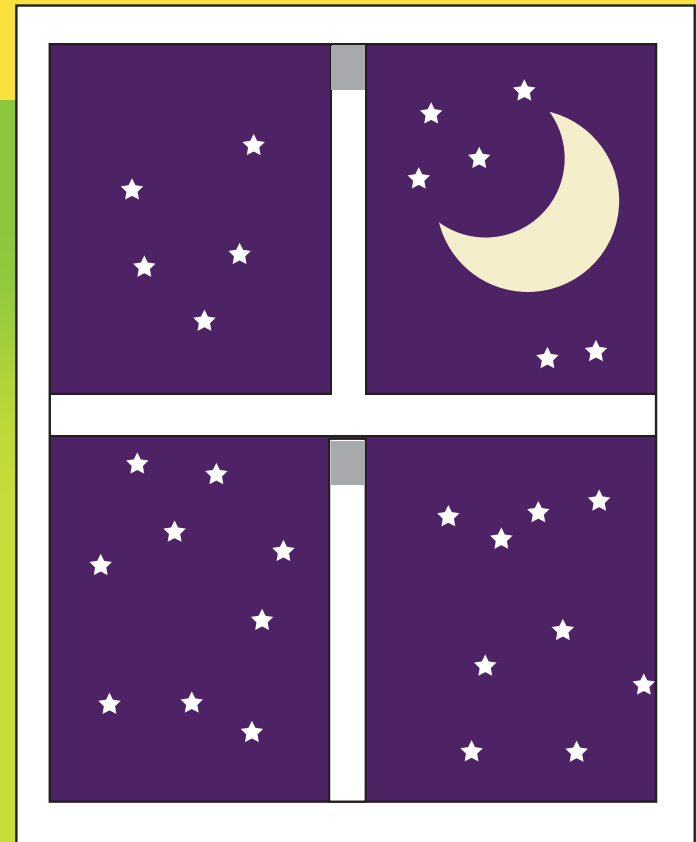
1 9 -12 hours of sleep every night

2 At least 30 minutes of exercise every day

3 No screen time 1 hour before you sleep

4 No phones or tablets in your bedroom while sleeping

5 Keep a similar bedtime and wake time every day



Mrs. Can and Mrs. Listen started clapping together at the front of the gym. We knew it was time to learn the sequel to the **No Germ Jam**: the **Sound Sleep Shuffle**!



“I am a kid from the Land of Can! I know. I do. I am. I can.”



“I can sleep!”



PAGE 45



“We can too!”



“9 or more”



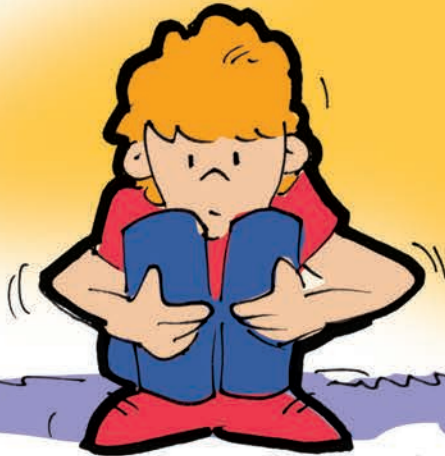
“Hours!”



“All Screens”



“Off!”



“Recharge”



“Recharge”



“Recharge!”



“So last week we learned about germs,” I said. “This week we learned about sleep and screen time. Is that all we have to do to stay healthy?”



“Quite the question, Collin!” Mrs. Listen said. “There’s more we can learn. When it comes to staying healthy, there’s a lot we can control, and a lot we need to balance.”

“But that’s for another Can Day!” Mrs. Can said.
“Let’s all give a tongue-twisting, lip-lifting, cheek-chuckling ‘Thank You’ to our juggler, Mrs. Listen!”





Mrs. Can threw her hands into the air and gave us all a special look. We all knew what she was going to say. “Mrs. Can’s ‘Class of Can’s’ kids can...”

STAY HEALTHY!





A special thank you
to social workers everywhere...

Riya Jain



Riya Jain is entering 9th grade in Chicago, IL. She co-authored *The Class That Can: Food Allergies* and all the books in *The Class That Can: Staying Healthy* series, including *The Class That Can: Coronavirus*, which has been shared with more than 20,000 elementary educators worldwide. She has been in

multiple videos educating young people on health issues. Active in school, Riya enjoys playing tennis, basketball, and piano.

Riya believes in developing a “CAN mindset” so you can focus on the positive and all the amazing things you CAN do!!

Bill Dussinger



Bill is an award-winning graphic designer, illustrator and educator from Lititz, PA. He has a BS degree in Art Education from Kutztown University. Bill has been in the design business for over 30 years for many clients such as Discovery Channel, the Oakland Raiders, East Coast Music Hall of Fame

and Hershey Entertainment and Resorts. He currently teaches graphic design and illustration at Pennsylvania College of Art & Design in Lancaster, PA. In his spare time he loves to visit his four grandchildren, paint watercolor paintings and watch college football. Penny Lane Graphics, www.plgraphics.com.

Jamison “JJ” Vulopas



With an approach that educators have called transformational, JJ inspires young people everywhere to become “Citizens of Can” by embracing the 14 Words of Can. His youth-empowerment resources are used by schools and pediatricians’ offices

nationwide. JJ is the author of *Land of Not*, *The Class That Can: Food Allergies*, and *The Class That Can: Staying Healthy* series. An analyst at Lucid Management and Capital Partners LP, JJ is a 2019 graduate of the Wharton School of the University of Pennsylvania. He lives in New York City.

Mrs. Can



Mrs. Can CAN teach! Mrs. Can is the ultimate teacher, the one who inspires and empowers and compels every one of her students to be the best versions of themselves. In Mrs. Can’s class, every child is accepted, appreciated, acknowledged and cared for. Not just for one day. Every day.

By introducing her students to the 14 Words of Can, and by following the tenets outlined in the Can Constitution, Mrs. Can knows that she is creating a classroom of life-long leaders, a classroom where students will define themselves by their cans, look out for each other, and, ultimately, soar!

Our mission is to increase the health literacy of young people and their families across the nation.

Each book in the *Class That Can* series is reviewed by doctors who ensure the accuracy of all medical information.

Thank you Dr. Raina Gupta for adding your expertise to *The Class That Can: Sleep & Screen Time* and for empowering young people to live in the Land of Can!

Dr. Raina Gupta



Dr. Raina Gupta is a Board Certified Neurologist and Fellowship trained Board Certified Sleep Medicine Specialist located in Chicago, Illinois. She received her medical degree from the University of Louisville School of Medicine, completed her Adult Neurology residency at Rush University Medical Center, and her Sleep Medicine Fellowship at University of Chicago.

Dr. Gupta serves as the Medical Director, a Clinical Neurologist and Sleep Medicine Specialist. As part of her practice Dr. Gupta has an opportunity to provide care for patients with Obstructive Sleep Apnea, Central and Mixed Sleep Apnea, Obesity Hypoventilation Syndrome, Insomnia, Narcolepsy, Restless Legs Syndrome, as well as many other sleep disorders. She also provides care for patients with Stroke, Seizures, Altered mental status, Dementia, Parkinson's disease, Headaches, as well as many other Neurologic conditions.

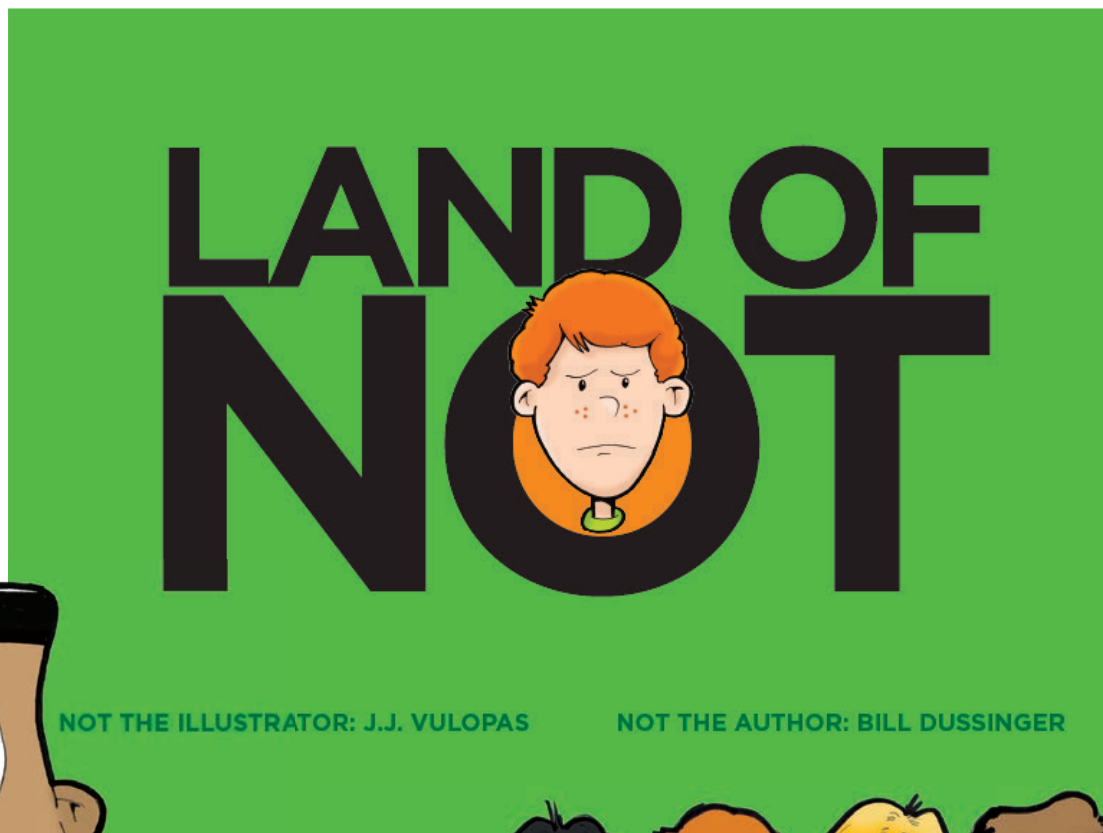
Dr. Gupta has been involved in teaching medical students, internal medicine residents, family practice and dental residents through lectures, clinical bedside teaching and multiple grand rounds. She has also given talks to primary care physicians, subspecialists, and at community events. She is a speaker for the American Dental Sleep Medicine Association courses and for Telespecialists.

The Book that Started the whole **CAN CRAZE!**

A **SMART** book with
a **POWERFUL** message!

When 9-year-old Collin (Yep, the same Collin from this book) moves with his family from the Land of Can to the Land of Not, he is shocked to discover that everyone in his new school is sad. With the help of his parents, Collin devises a plan to show his new friends that happiness comes from embracing who they are and who they can be, not who they're not.

As a veteran educator said, "JJ's *Land of Not* will inspire, empower and transform all children to understand their possibilities rather than define themselves by their limitations."



Visit: www.TheLandOfCan.com

Teach your kids how to stay healthy!



Join Mrs. Can as she creatively shows what kids can do to stay healthy.

This three-book set is perfect for parents, elementary teachers, school nurses and pediatricians' offices.

The **Class**^{that} **Can:** **Stay Healthy**

written by Riya Jain and JJ Vulopas - illustrated by Bill Dussinger

Visit: www.TheLandOfCan.com

Topics include:

- Handwashing and Germs
- Sleep and Screen Time
- Nutrition and Exercise

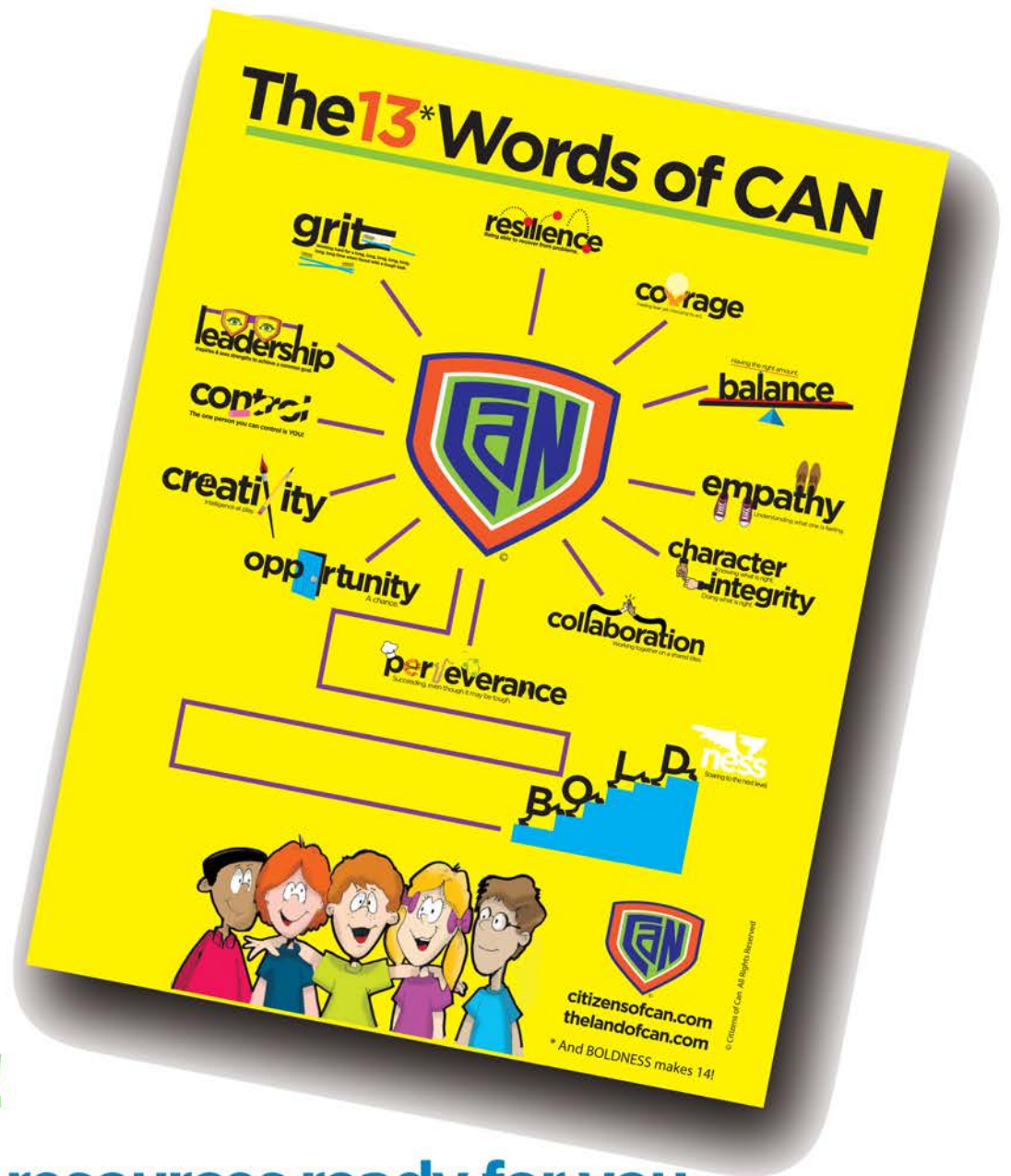


Do your children know the



words of CAN?

Mrs. Can's students do!



We have amazing resources ready for you.

Visit: www.TheLandOfCan.com

* And BOLDNESS makes 14!

THANK YOU, TEACHERS AND EDUCATORS, FOR ALL THAT YOU DO!
From the Center for Food Allergy and Asthma (CFAAR) and the Center for Community Health (CCH).



CFAAR is a part of the Institute for Public Health and Medicine (IPHAM) at Northwestern University's Feinberg School of Medicine and Ann & Robert H Lurie Children's Hospital of Chicago. CCH is a part of IPHAM.

I AM

I CAN