

**Basic storyline:** The protagonist and his/her whole town are left homeless after their homes are destroyed by the antagonist (villain) through deforestation. The town sends the protagonist to stop/ fight the villain before it destroys more nearby villages. Along the way to the villain's home, the protagonist needs to spend countless days traveling through a thick forest. Some days the protagonist chooses to abandon his/her daily ~8 hours of sleeping in order to get to his/her destination faster. Consequences are shown due to the lack of sleep the protagonist is getting. In the end, after realizing the need for adequate sleep, the protagonist is able to successfully defeat the villain.

The flashback is over and we're back in reality where the protagonist is about to go to sleep. This all happened ~1-2 years ago (basically in the past). He/she gets a call from their friend to go play but it's already late. Recalling this memory, the protagonist decides to not go out and instead go to sleep.

**Moral:** Value sleep as it is essential for development.

**Research to consider adding to this story:**

Results from lack of sleep that might be included:

- Increased risk of weight gain/obesity and lower levels of physical activity and lower diet quality
- Increased stress
- Easily forgetting/Worse memory consolidation and retention
- Low motivation
- Increased risk of anxiety and depression
- Negatively impacted executive cognitive functions (problem solving, abstract reasoning, concept formation, etc.)
- Increased aggression
- Socioemotional problems (withdrawn, somatic, anxious/depressed, social problems, thought problems, attention problems, delinquency, and aggressive behaviors)
- Increased risk behavior as a result of reduced executive function

Results from getting adequate amount of sleep:

- More likely to report having no health complaints and report excellent health
- Greater life satisfaction, self-esteem, quality of family relationships, academic performance
- Better memory consolidation
- Fewer peer problems
- More likely to report greater quality friendships

### Extensive (Incomplete) Story Plan:

The story begins in a village in a forest. There are many different types of animals such as wolves, deer, bears, foxes, birds, and so forth. All live in harmony. But, one day a girl(wolf cub) wakes up to the screams of the villagers and sees fire through the window. She runs out of the house to find the forest and village burning to the ground. There are several children crying and there are some elderly villagers attempting to extinguish the flames. For some reason, the girl only sees children and elderly. She walks up to one of the village elders (an owl) and asks what happens. The elder tells her that it is the work of Mr. Dromedary, who is attempting to turn all of the world into his domain (desert). Mr. Dromedary took all the adults in fit shape to prevent any disruptions to his plan. The elder tells the girl that she must go and save the other villages in the area and stop Mr. Dromedary. There is no one better for the job. The elder gives the girl a dreamcatcher to trap Mr. Dromedary when she meets him. She is about to set off on her journey when two other children (a bear and a raven) say that they will join her. They want to help find their parents. The three children set off in the direction the elder said Mr. Dromedary is likely to go. They hike through the forest. After several hours, they encounter people fleeing from the nearest village, showing they are going the right way. They chose not to camp and rest for the night in hopes that they will not be too late. They arrive at the village later to see that they were too late and a villager directs them in the right path. They go at full speed with no rest (other than to eat) to the next village which is a few days away.

This time they are not too late. But, they have been gaining weight. They do not feel energetic but rather sluggish. They see Mr. Dromedary in the far distance. The girl takes out her dreamcatcher and runs towards Mr. Dromedary. But, she can feel how she is slower than usual. Each step forward feels like it is taking forever. Before she can reach Mr. Dromedary, he notices her and destroys the village with his flamethrower. By the time she reaches him, he flies away on his magic carpet. Once she sees that she can no longer reach him, she stops running and realizes how completely exhausted she feels from the run. They hike through the forest again without sleep. They are too late to save the next village.

### Effects of Sleep Deprivation to Include:

1. Obesity/Weight Gain/Less Physical Activity/Lower Quality of Diet
  - a. As shown above
2. Stress/Low Motivation/Anxiety and Depression
  - a. After all their failures, the heroine begins to lose her motivation. She begins to think that they will never defeat Mr. Dromedary and get their parents back. She becomes depressed and starts thinking that they are useless children.
  - b. Companions will encourage her and after some sleep, she feels better.
3. Aggression/Socioemotional Behaviors
  - a. Heroine becomes angry and lashes out at her friends. She says very mean things and they get very hurt by her words. They refuse to work with her any further and say that they will save their parents by herself
  - b. Heroine encounters Mr. Dromedary and becomes so furious that she forgets about the dreamcatcher and attempts to attack him with her claws. She loses the fight and passes out.
  - c. She feels more like herself afterwards and realizes that she was awful to her friends. They found her after she passed out and they dragged her to an old hermit's house where they could peacefully rest. They all realize that they were not themselves and band together once more after apologies to go defeat Mr. Dromedary.