

Research based on the sleep management policy text for primary and secondary school students

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Abstract: From "Quality Education" to "Sleep Management" and then to "Double Reduction", the relevant departments are gradually refining the education reform, seeking small cuts and creating big changes, among which "Sleep Management" is an important measure to reduce the burden of students and recover students' body and mind. Sleep Management refers to the process in which the government, various social organizations and the public, under the leadership of the Party Committee to promote the coordinated operation of the primary and secondary school students sleep system, regulate the behaviors of social members, and organize, coordinate, supervise and control the components of the sleep system and each link of sleep development. The initial paper, published in 2007 on the concept of "Sleep Management" put forth the [[original requirements]] which paved the road for the 2021 policies surrounding special sleep management policy. Subsequent national provinces and cities have also issued similar documents based upon the national policy. These policies address sleep concerns through education programs, non-profit organizations, and social conventions by detailing different management modes, content, implementation strategy, and policy interpretation.

Keywords: Sleep management; education policy; historical evolution; text analysis

1. Introduction

Since the reform and opening up, students' scores and academic background have become important indicators of the talent evaluation standard, the workload is increasing, with the consumption of students to obtain academic performance has made our education appear pathological, "Treatment and rehabilitation" is imminent. No matter how brilliant our educational reform is, no matter how fruitful our curriculum reform is, or the school is "innovation" and "breakthrough", as long as our students sleep is not satisfied, physical decline, myopia is increasing, our education reform will be eclipsed! Based on the current situation, this paper tracks the policy deployment of sleep management from national to local, and analyzes the text from why, what and how.

2. Policy tracking for sleep management

2.1. Provenance: the origins of sleep management policies

Sleep problem itself has a long history, and mostly exist in the field of medical health. In the field of education, it is also mostly attached to various documents. The first specific requirement for sleep management in the policy was in 2007, to welcome the 2008 Beijing Olympic Games as an opportunity. In order to better strengthen youth sports and enhance the physical fitness of teenagers, article 10 of the *Opinions of the CPC Central Committee and The State Council on Strengthening Youth Sports and Enhancing Youth Physical fitness* states to ensure the rest and sleep time of teenagers, to strengthen guidance and support for health, health care and nutrition, formulate and implement a scientific and standardized student work and rest system, ensure that primary school students sleep 10 hours a day, 9 hours for junior high school students, high school students for 8 hours.^[1] The Primary and Secondary School Health Education Guidelines were formulated as guiding documents for myopia prevention in primary and secondary school students according to the national policy.

In the Guiding Outline of Health Education for Primary and Secondary schools, the goal of the level 4 junior high school stage mentioned the importance of adequate sleep for the growth and development of children and adolescents, in the primary and secondary school students myopia prevention and control work plan file content for sleep management is involved, but all for words, repeatedly stressed

to sleep, and primary and secondary school students scientific sleep specific time requirements.

In the basic content of the *Management Standards of Compulsory Education Schools* issued in 2017, the level of promoting the comprehensive development of students, in the process of improving the physical and mental health of students, it is proposed to arrange scientifically and reasonably school work and rest time, ensure students' necessary free time after class, and comprehensively plan and control the amount of after-school homework in all subjects. Cooperation between parents and the school system is necessary to ensure primary school students receive 10 hours and junior high school students receive 9 hours of sleep each night.^[2]

The Opinions on Deepening Education and Teaching Reform and Comprehensively Improving the Quality of Compulsory Education, issued in 2019 further stressed the need to ensure that students can get adequate sleep. Until 2021, the special policy of sleep management *Notice on Further Strengthening the Sleep Management of Primary and Secondary School Students* was issued, which reflects the importance of the Party and the country to students' sleep and the urgency of the actual situation for sleep needs.

2.2. Try: national and provincial, municipal issued relevant documents

At the national level, a separate policy document *Notice on Further Strengthening Sleep Management for Primary and Secondary School Students* with sleep management as its core was officially released in April 2021. Through strengthening scientific sleep publicity and education, clarifying students' sleep requirements, coordinating school schedule, preventing excessive academic work from crowding out sleep time, rationally arranging students' bedtime, guiding students to improve sleep quality, and strengthening students' sleep monitoring and supervision, seven aspects of management work are carried out, so as to ensure that primary and secondary school students enjoy adequate sleep time and promote students' physical and mental health.^[3]

In August 2021, the Office of the Education Supervision Committee of The State Council issued *the Notice on Organizing Responsible Superintendents to Supervise the "Five Management"*, requiring the education supervision departments of all provinces (autonomous regions and municipalities) to organize local primary and secondary schools to carry out the supervision of the "five management". From January to April 2021, the Ministry of Education issued five special notices on the mobile phone, sleep, reading materials, homework and physical fitness management of primary and middle school students.^[4] The promulgation of this document strengthens the importance of educational subjects to sleep management, and has a certain role in promoting and supervising the process of work implementation, which can get effective feedback on the results and reduce the possibility of announcement policies.

At the same time, the long-standing problem of "burden reduction" in the field of education, can also use the small incision of sleep management, thus promoting the great reform of education. Therefore, in a large number of relevant policy documents on "reducing burden and increasing efficiency", we can see that students' sleep problems are also involved, from the directive on Reducing the Overburden on Primary and Secondary School Students in July 1955 to July 2021, The General Offices of the CPC Central Committee and the State Council issued *the Opinions on Further Reducing the homework burden and After-school Training burden for Students in Compulsory Education*, strengthen the construction of quality education in the policy, promoting equity in education, promoting educational development can effectively slow down educational anxiety, help students get the opportunity to get adequate sleep, reduce the burden and increase the efficiency. They complement each other and achieve each other.^[5]

Sleep is a rather subjective activity, proposed scientific sleep time requirements, schools can't force students to do it, can only guide and provide possibilities, parents are able to effectively supervise and help. To ensure the key to students' sleep, the implementation of the relevant management requires the joint efforts of home and the school. On October 23, 2021, the 31st Session of the Standing Committee of the 13th National People's Congress adopted *the Law of the Promotion of the People's Republic of China on Family Education*, the relevant regulations urge schools to earnestly fulfill their responsibility of guiding family education, open the communication channels between schools and families, guide parents to fulfill their family education responsibilities in accordance with the law, work together with the school to implement the relevant management work, form a good mechanism for home-school cooperative education.^[6]

At the local level, we follow the leadership of the state and implement various policies from the

aspects of policy formulation, policy implementation and policy supervision. In sleep, work is deployed from the "Five Management". All provinces and cities have held the "Five Management" work layout meeting, promotion meeting, to enhance the understanding of the policy, and set up relevant working groups or issue corresponding policy documents. For example, Xinwu District of Wuxi City established a leading group for sleep condition monitoring, and Guannan County of Lianyungang City formulated the "Five Management" Work Implementation Plan. Job Management, after school remedial programs, and other after school services were implemented to solve the main problems affecting sleep duration.

For example, Yunnan Province issued *the Notice on Effectively Strengthening the Management of Operations in the Compulsory Education Stage* and *the Notice on the Rectification of Problems in the Operation Management of Compulsory Education Schools*, the length of students' homework and the design, arrangement, correction and correction of teachers' homework, require schools to formulate operational management measures, coordinate homework management, print and distribute the *Implementation Opinions on After-School Service for Primary and Secondary School Students* and *Notice on the Comprehensive Implementation of After-school Service for One School One Case*,^[7] all schools are required to formulate implementation plans in advance, do a good job in all aspects of the work, and ensure that the school that carries out after-school services can be realized when the semester begins; and provide multi-channel national supervision of the implementation of policies. For example, the Education Supervision Office of Qingdao Municipal Government of Shandong Province issued *the Notice on Establishing the Responsibility Division System of School Supervision directly under the Municipal Education Bureau*, improve the supervision system and mechanism of responsible superintendents, every month to supervise the "Double Reduction" and "Five Management" policy implementation. Chuxiong Prefecture released *the Announcement on the official website of the "Five Management" supervision and reporting Content, telephone and Email of primary and Secondary schools* to the public. All counties, cities and primary and secondary schools interpret the significance, requirements and measures of the policy for parents through parent-teacher meetings and letters to parents, open letters, and other forms, actively respond to social concerns, eliminate misunderstanding, and win support from all parties. Finally, some regions will incorporate the policy implementation into the responsibility evaluation and performance assessment, but the specific assessment standards are not found, which are mostly elaborated in words.

2.3. Reference: relevant foreign policies and reference to our country

By searching the keyword "sleep" on the official websites of the education ministries of the United States, the United Kingdom, Australia, Germany, Finland and Japan, we can find relevant information such as "sleep education", "sleep program", "sleepy" and "sleep research". After sifting one by one, it can be found that there is no clear educational policy document to support sleep management in various countries, but medical institutions and education departments in various countries have specific recommendations on the sleep time of kindergarten and primary and secondary school students. Generally, it is recommended that kindergarten students (3-5 years old) sleep 10-13 hours; primary school students (6-12 years old) sleep for 9-11 hours; and middle school students (aged 13-18 years old), sleep for 8-10 hours each night.

The management of sleep is mostly studied in the Sleep Research Institute and other relevant institutions, for example, the Australian Sleep Education Program (ACES) is the only school sleep education program adjusted and piloted on an international scale, and it has been implemented by Australia, New Zealand and the United Kingdom. Or some civil society organizations, for example, the American nonprofit organization Start School Later, is engaged in the activities to change the teaching time of schools. Or to be constrained by social conventions, for example, German families often set up a "legal bedtime" for their children-7 PM and a "legal wake-up time"-6 am, Europe's children's television channels stopped programming after 7 pm, many public places also stipulate that teenagers are not allowed in after 7 or 8 pm, commercial TV stations are not allowed to have teenagers under 18 appear on live shows at 10 pm, etc.^[8]

3. Policy interpretation of sleep management for primary and secondary school students

3.1. Why: the background of the problem

First, specific measures to implement the requirements of the Central Committee. The CPC Central Committee and the State Council attach great importance to the sleep and physical health of students.

In 2007, *the Opinions on Strengthening Youth Sports and Enhancing Youth Physical Fitness* scientifically standardize the students' work and rest system to ensure that the standard sleep time of different school ages is achieved. *The Opinions on Deepening Education and Teaching Reform and Comprehensively Improving the Quality of Compulsory Education*, issued in 2019 further stressed the need to ensure that students can get adequate sleep. Sleep is an important link in the recovery and consolidation of memory. It is crucial to promote the brain development, bone growth, vision protection, physical and mental health and improve the learning ability and efficiency of primary and middle school students. Relevant management measures must be further refined to ensure that central requirements are in place.

Second, we need to solve the current problems facing the reality of the needs. According to the *Quality Monitoring Report of China Compulsory Education* released in 2018, the monitoring results show that the proportion of fourth-grade students sleeping 10 hours or more was 22.2%, down 8.5 percentage points compared with 2015; the proportion of eighth-grade students sleeping 9 hours or more, up 2.8 percentage points compared with 2015, and the overall sleep time of students is insufficient.^[9] In recent years, all provinces attach great importance to sleep management, and have put forward relevant requirements in the working documents of burden reduction. Many places and schools actively explore effective ways and constantly innovate working methods, which further provides a good practice basis for further strengthening and refining sleep management. However, we found in the research, there are still pure for the pursuit of graduation rates and increase students homework burden, schools that crowd out sleep time and have unreasonable schedules. At the same time, when extracurricular tutoring is prohibited, there are still parents who privately arrange extracurricular tutoring for their children, which is not conducive to management, and some external factors affect the sleep quality of students.

3.2. What: the main content

Sleep management is not only to ensure that full sleep, but also to achieve the goal of good sleep. At the same time, we should properly handle the relationship between sleep and sleep time, homework quality and quantity, and educational evaluation. For students, school-based sleep education programs are more helpful to promote and guide sleep to children and adolescents. For schools, the following need to be done:

Strengthening generalized understanding of sleep science can be accomplished by integrating trainings into the teaching education system. Teacher training content, home-school environment collaboration, physical education and health courses, mental health education, team building activities, popular science lectures, and parent associations can be utilized to promote the importance of sleep for the growth of healthy primary and middle school students, improve teachers' ideological understanding, educate students on developing healthy sleep habits, and allow parents to see the importance of proper sleep management in children.

Arrange the school schedule, primary school morning class time is usually no earlier than 8:20, middle school is generally no earlier than 8:00. The school shall not arrange for the students to come to the school in advance to participate in the educational and teaching activities uniformly arranged by the school, but the policies were implemented and refused to be "one-size-fits-all". For students who need to arrive at school early due to special circumstances such as family or transportation, the school should analyze the specific problems specifically, open the door in advance, pay attention to the safety, set reasonable. Siesta should be guaranteed as long as possible, conditionally improve sleep quality while satisfying the time. Boarding schools should arrange the teaching and rest time reasonably, make sure that the students sleep properly.

Ensuring academic quality while reducing the academic burden, it must strengthen homework management, and improve the effectiveness of classroom teaching, in strict accordance with the relevant provisions of the requirements. In strict accordance with the relevant regulations and requirements, the total amount of students' written work should be reasonably reduced, and the appropriate difficulty should be arranged, so that the homework time can make concessions for the sleep time. Students are encouraged to make full use of their school time and after-school services to finish homework during school, avoiding spending too much time on homework in the evenings, allowing for a normal sleep time. However, for students who still fail to finish their homework until bedtime, teachers should help students to analyze the reasons, strengthen academic guidance, put forward improvement strategies, and at the same time improve teachers' own homework design level, layered design and overall arrangement.

Strengthen home-school communication, teachers pay attention to students' mental state in class, For the phenomenon of inattention and dozing that may be caused by lack of sleep, students should be reminded in time and actively communicate with parents afterwards. Parents of students who cannot guarantee the completion of daily homework should timely feedback with teachers and schools. Schools can regularly push knowledge articles and organize lectures, exchange meetings and other activities to strengthen communication channels and guide parents. Together, parents and the school can create a warm and comfortable living environment for students, to ensure that students can have high quality sleep.

For local education departments, it is necessary to work with relevant departments to effectively strengthen the standardized management of online training online course platforms and online games registered or filed within the jurisdiction, take technical measures to supervise, and ensure that the end time of online live training activities shall not be later than 21:00, and game services shall not be provided to minors from 22:00 to 8:00 the next day.^[10]

For parents, what schools can do is to let children understand the importance of sleep through education, assist students to learn good sleep habits through guidance, provide sleep assistants, and make way for sleep through rest adjustment, homework management, and after-school services to a greater extent. It is parents who really need to face to face with students and experience the process of sleep together. Parents are the guarantor of their children's sleep, supervise their children to go to bed early and get up early, are the promoters of their children's sleep, create a warm and comfortable sleep environment, and are the models of children's sleep, and their parents' good rest habit will make their children imitate and be more strict with themselves. Parents should continuously reduce their anxiety, assist the government, and participate in the supervision and management of after-school tutoring training, so as to reduce the burden on students. So that the child not only physically get sleep relaxation, but also psychologically can really sleep at ease.

3.3. How to: implement the strategy

In a working atmosphere full of questions and confusion, and the lack of guidance and support, the "sleep" policy cannot be effectively implemented. In the education supervision, what effective measures should be taken to promote the effective implementation of the "Double Reduction" policy?

3.3.1. Strengthen public opinion publicity and education

Schools are urged to use a variety of public channels such as school public forums, QQ groups, Wechat groups etc. to publicize the content, significance and highlights of the effects of the sleep policy. This can help to guide students, teachers and parents in all sectors of society to correctly understand the sleep policy and it's positive effects, creating an effective cooperation for the push to create a new effective sleep habit.

3.3.2. Improve the operation management mechanism

We urge the school to establish and improve the operation management system according to its own actual situation, improve the operation management rules, clarify the requirements of all aspects of the operation management, implement the hierarchical responsibility management, and clarify the work responsibilities of each level. To strengthen homework supervision, we should grasp the function of homework education, controls of written work quality, innovation type innovation, improve the quality of homework design, strengthen the homework complete instruction, carefully corrects feedback homework, strictly implement homework layout requirements, to accomplish the daily homework public, homework completion. For different students layered homework, etc., the students found the problem in the process of completing the homework timely improvement.

In the supervision work, we urge the school to strengthen the research on the students' homework. Education departments should encourage teachers to be bold and innovative, and actively explore school-based homework design, promote the good experience of brother schools suitable for school localization; strengthen the subject research of homework, such as the design of students' stratified homework; carry out homework assignment group discussion based on the different conditions of students of all grades, to continuously improve the quality of homework, and ensure that students at all levels can reach their maximum potential.

3.3.3. Strengthen special inspections

Further strengthen the school how to effectively carry out sleep management work for special

supervision. The focus of the supervision is on the implementation of curriculum plans, home-school cooperation and co-education, strict homework management, standardized examination management, community activities with rich after-school services, and the implementation of funds guarantee, etc.

3.3.4. Improve the education mechanism

The cultivation and education of students is also inseparable from the support and help of parents. General Secretary's important remarks profoundly pointed out that the most critical responsibility of family education is parents, and the object of family education is children. The newly formulated *Law of the People's Republic of China on the Promotion of Family Education* will come into effect on January 1, 2022. All these will further solve the difficulties in family education, improve the home-school education mechanism, and promote home-school co-education.

In sleep work, the school does not understand the needs of parents, such as how to arrange the time after school is a satisfactory time node? There are problems such as poor and inaccurate information in communication. Therefore, the change of parents concept, the improvement of the home school collaborative education mechanism is an important part of the effective policy implementation, the school should lead the parents to set up the correct education idea, home school education form resultant force, hand in hand, to promote the healthy development towards the goal of common expectations, in order to solve the parents' worries about sleep work.

3.3.5. Establish an incentive mechanism

Five Management and other documents clearly require to strengthen supervision and assessment. Sleep situation should be effectively included in the important content of the supervision and evaluation of the government's performance of educational responsibilities, and incorporated into the school assessment system. In order to establish a correct incentive-guidance mechanism, teachers' performance in after-school service and homework design should be used as an important reference for professional title evaluation and employment, commendation and reward, and performance pay distribution. Making full use of the results of the supervision work and building an incentive mechanism for the effective implementation of sleep policies is an important guarantee for the healthy and effective development of sleep management work.

Establish a results notification mechanism. Important supervision results should be published in the media, so that the society can know the work of relevant schools and pay attention to sleep problems, and let the sleep management of schools be supervised by the public. In addition, the school sleep management work in the good typical and worthy of promoting the experience, to carry out in-depth publicity, actively create the advanced public opinion atmosphere.

Establish a commendation and incentive mechanism. The district government and the District Education Bureau should further improve the guiding role of education supervision, fully listen to the opinions of the supervisory departments and relevant school supervisors when selecting cadres and appointing and removing principals, and take the implementation of relevant policies in schools as an important basis for the assessment of the level of running a school, the evaluation of excellence, the appointment and removal of cadres, and can also be used as an important basis for relevant special funds, so that the supervision results can play the greatest incentive role.

Establish an accountability mechanism for rectification. If the problems found in the process of supervising the implementation of the policy require the school to rectify, the responsible inspector must follow up until the school rectification is in place, and the certain responsibility to the person is accountable, dealt with in place and often carried out "looking back" to really promote the development of sleep work!^[11]

4. Conclusion

Why focus on sleep? Because our education first cultivates "people", and then it cultivates "talents". If the output of education is achieved at the expense of students' physical and mental health, then the loss of human education will eventually be meaningless, education should respect children and everything points to the happiness of children, which is also Suhomlinsky's view.

And policy issued is the beginning of the change, no legitimacy and no rational policy is difficult to effectively implement, education policy down the legitimacy of form and content, only through the implementation of communication, transmission, diffusion, deepening process, and the requirements of the public, emotion and group behavior, to obtain education policy implementation rationality, also can

obtain the mass base. How to continuously optimize the process of policy implementation is the most important practical significance of future sleep management.

No matter how brilliant the results of our education reform are, as long as our students are not satisfied with their sleep, their physique is declining, and their myopia is increasing, our education reform will be eclipsed!

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