

ROLE PLAYER CARD		MEDICINE
SETTING	Suburban clinic	
PATIENT	You are a 60 year-old patient who has been waking up during the night several times, usually for the last time at 3 am, after which you can't sleep. You feel very tired during the day and have also started to notice you're having difficulty remembering things.	
TASK	• Explain your sleep patterns to the doctor • Complain that your memory is impaired and ask why this is • Become upset - why has this happened to you? • Reluctantly agree to a blood test (because you hate needles)	

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SETTING	Suburban clinic	
DOCTOR	You are seeing a 60 year-old patient who has been having problems with their sleep. You diagnose them with insomnia. They have no other significant medical history.	
TASK	● Find out details about their sleep problem ● Explain that you suspect the patient has insomnia, a sleep disorder, which often leads to impaired focus and memory (sleep is required for consolidation of a memory; without adequate sleep, your brain has a harder time absorbing and recalling new information) ● Explain the common causes of insomnia (stress, inconsistent wake/sleep schedule, poor sleep habits, eating too much late in the evening, stimulants e.g. caffeine, nicotine and alcohol) ● Recommend good sleep habits to help prevent insomnia (keep your bedtime and wake time consistent from day to day, stay active, avoid or limit naps, large meals before sleep, caffeine, alcohol and nicotine, create a relaxing bedtime ritual) ● Request a blood test to rule out other potential causes of poor sleep	