

Activity – My Sleep Friendly Bedroom

What would be in your sleep friendly bedroom? Cut out and paste the pictures below, or draw your own pictures, in the bedroom on the last page.



A comfortable bed that doesn't make you too hot or too cold



A table to put all your things on



A television to watch your favourite shows before going to sleep



A lamp so that your room is not always too bright



Some drawers to put all your clothes in



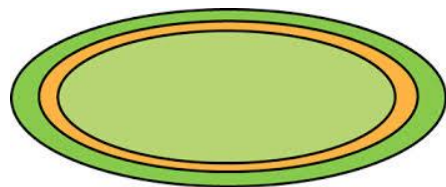
Lollies to hide under your pillow for late night snacks



Curtains to keep out the light



A toy box for all your toys and games



A rug for your floor



A computer to play games on
at night



A phone to call or text your
friends at night



Books to read before going to
sleep

What else would you put in your bedroom?



Sleep Health
FOUNDATION

Window

Your sleep friendly bedroom