



**Why do you
need to sleep?**



Why do you need to sleep?

Sleep helps us grow





Why do you need to sleep?

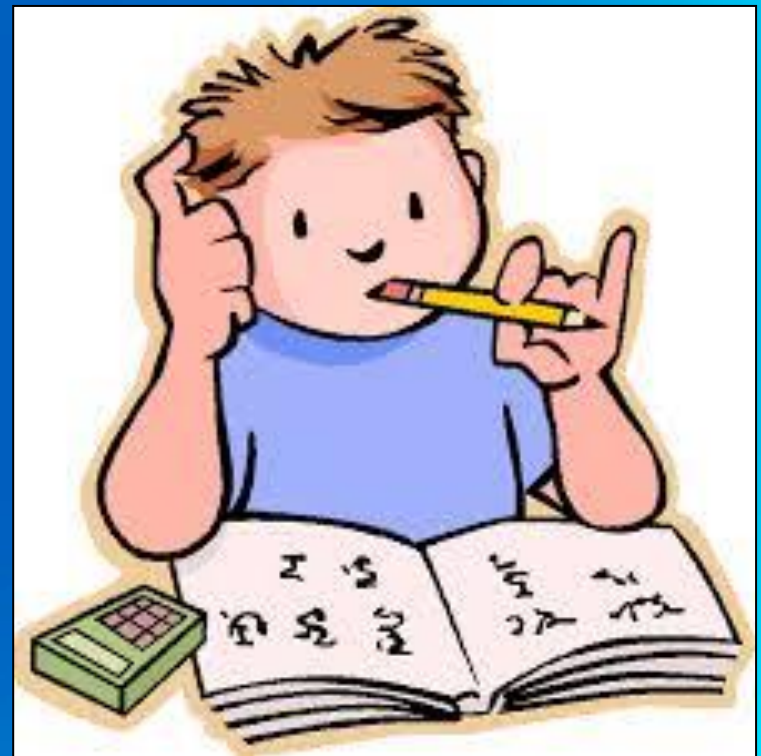
Sleep helps us learn





Why do you need to sleep?

Sleep helps us concentrate





Why do you need to sleep?

Sleep helps us be happy





Why do you need to sleep?

Sleep helps us stay fit and healthy





**What helps you
sleep?**



What helps you sleep?



Junk food before bed?



What helps you sleep?



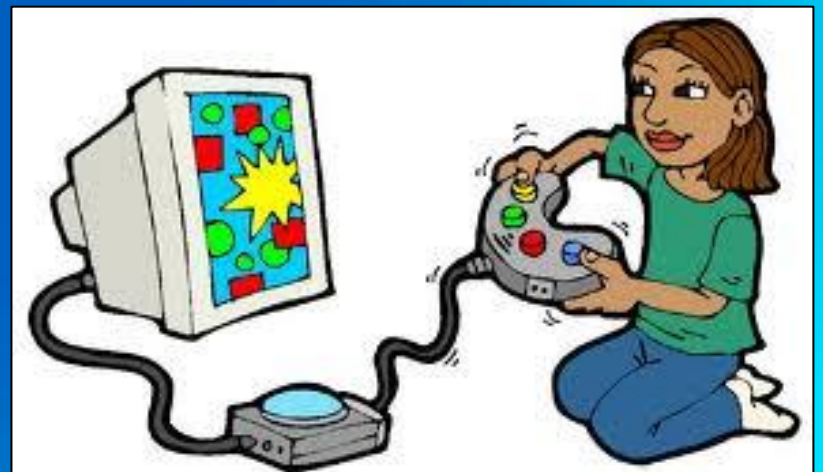
Junk food before bed?



What helps you sleep?

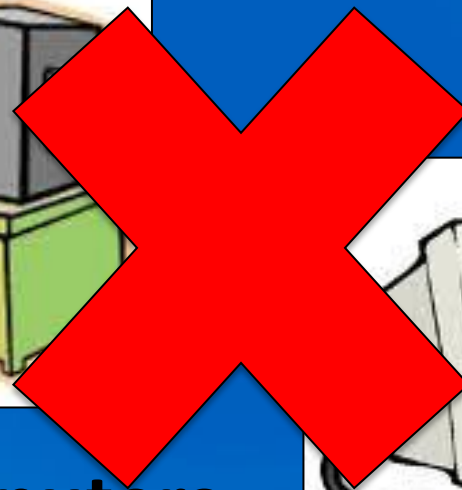
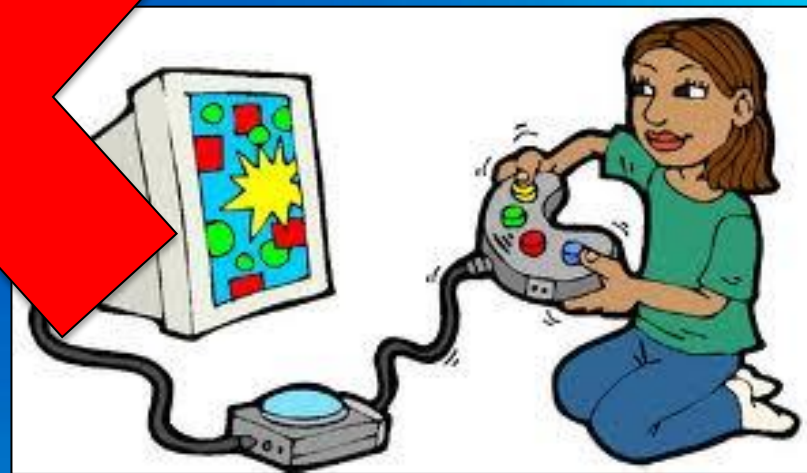
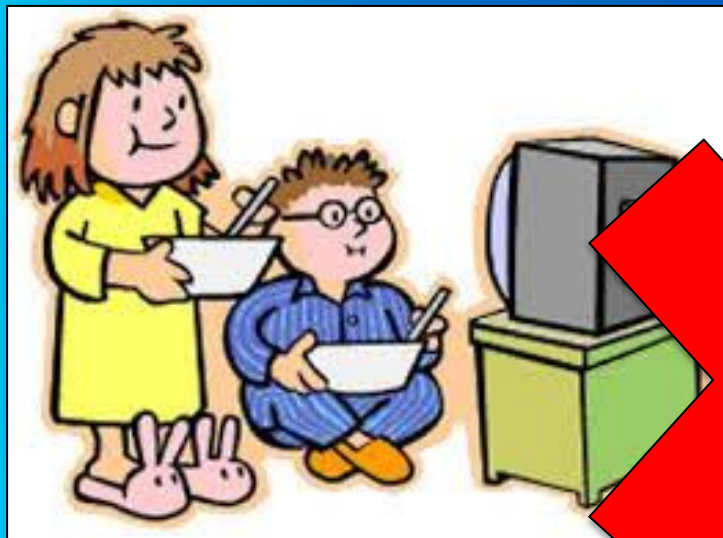


Television, computers or iPads before bed?





What helps you sleep?



Television, computers or iPads before bed?



What helps you sleep?



Running around, doing exercise or playing before bed?





What helps you sleep?



Running around, doing exercise or playing before bed?



What helps you sleep?



Doing quiet activities like reading, drawing or listening to music before bed?



What helps you sleep?



Doing quiet activities like reading, drawing or listening to music before bed?



What helps you sleep?

Mon

Tues

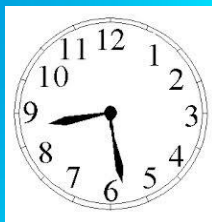
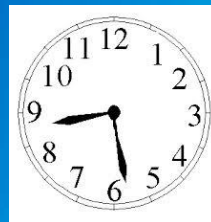
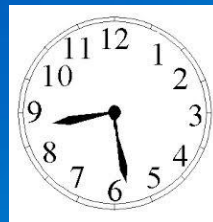
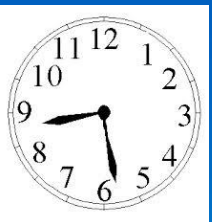
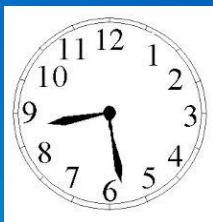
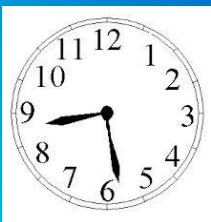
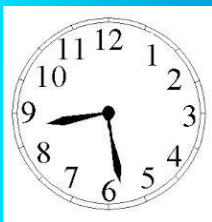
Wed

Thurs

Fri

Sat

Sun



Doing the same thing at the same time every night?



What helps you sleep?

Mon

Tues

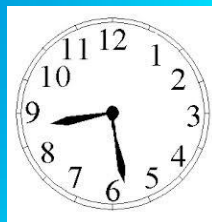
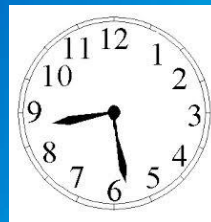
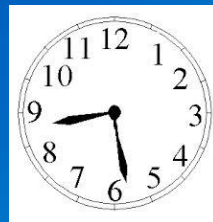
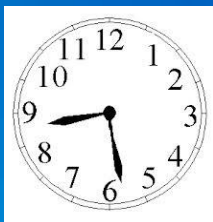
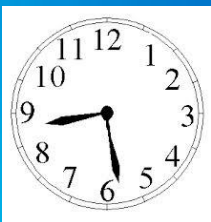
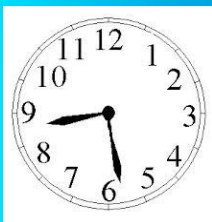
Wed

Thurs

Fri

Sat

Sun



Doing the same thing at the same time every night?



What helps you sleep?

Having a dark room that is not too hot or too cold?





What helps you sleep?

Having a dark room that is not too hot or too cold?





**So what time should you go
to sleep?**

ACTIVITY: SLEEP CLOCK

So what time should you go to sleep?

If you have to get up at 7am, then you need to go to bed somewhere between 7:00pm and 9:00pm

