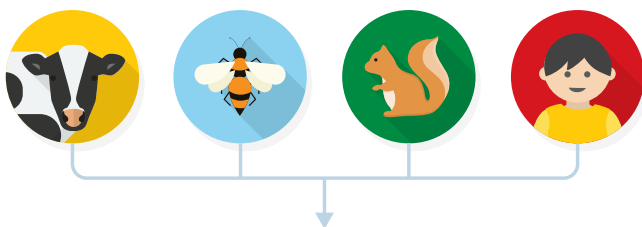


Get Your Zzzzzz...

What is one thing all these creatures have in common?



They all need *SLEEP* to live!

Sleep helps you learn and grow and stay healthy.

How much sleep should I get?

Every kid is different, but experts agree that most kids should get at least 10 hours each night.

What helps me get my sleep?

- ★ Having a calm bedtime routine
- ★ Going to bed at around the same time each night
- ★ Make sure your bed is just for sleeping
- ★ No TVs in your bedroom

Ideas for Bedtime



Take a Bath or Shower



Avoid Screens at Least
1 Hour Before Bed



Read a Book



Dim the Lights



Listen to Calm Music
or Nature Sounds



Get a Back Rub from
a Parent/Caregiver

My Bedtime Routine

1.

2.

3.
