



Sleep



Sleep is really important because:

- It heals your body.
- Makes you strong.
- Helps keep you calm.
- Gives you energy.



Top Tips

Exercise in the day.



Turn off electrics 1 hour before bed.



No coffee, energy drinks or tea after 6pm.



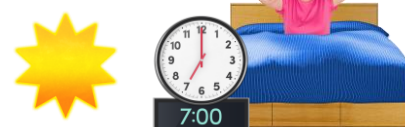
Do something relaxing before bed.



Go to sleep at the same time each night.



Wake up at the same time.



How much sleep do you need?



Child
9-11
Hours a Night



Teenager
8-10
Hours a Night



Adult
7-9
Hours a Night