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