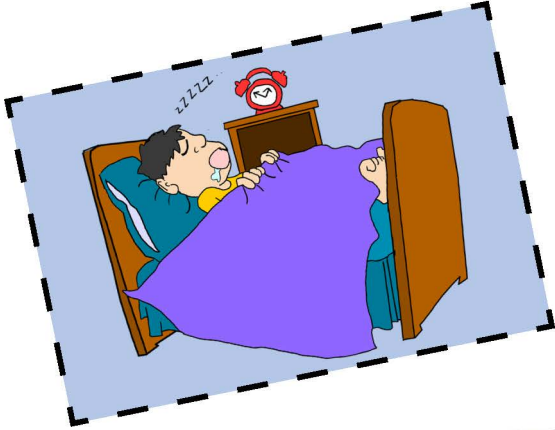


# FACTS ABOUT SLEEP



Children aged 6-12 years old usually need between 10 and 11 hours sleep every night (some may need more or less). To wake up at 7am in time for school, a good time to go to bed is before 9pm.

Doing something relaxing in the hour before going to sleep can really help. This could be things like reading a book or listening to a story being read, having a bath, cuddling a pet, talking to someone in your family about your day, or playing a board game or puzzle.



Spending time outside during the day and exercising can help someone fall asleep and help them to sleep well.

Keeping to the same routine is a good idea, such as going to bed and waking up at the same time every day, even at weekends.



<i>QUESTION</i>	<i>ANSWER</i>
<b>How much sleep do children need each night?</b>	
<b>Find 3 things to start doing that help someone get good sleep:</b>	
<b>Find 3 things to stop doing that would help someone sleep:</b>	
<b>Why is it important to get good sleep?</b>	

<i>It is difficult to go to sleep when...</i>	<i>A solution to this might be....</i>
Someone has been watching TV, or playing games online before bed	
Someone is nervous or worried about something, e.g. a test at school	
Someone drinks a sugary drink, such as orange juice or hot chocolate, before bed	