

GET READY, GET SET, SLEEP!

Part 1. Unscramble the sentences and rewrite them to discover ways to help your mind and body stay healthy and get a good night's sleep!

1. bed the is your sleep best place to

2. dimming better lights the household evening in sleep the can help you

3. make temperature sure bedroom is at a your comfortable

4. before relax warm bed with shower a bath or

5. every go about to bed time same at the day

Part 2. Think about your own bedtime routine and sleep habits. What do you do before you go to bed? How many hours of sleep do you get each night? How can you help yourself get a better night's sleep? Write a paragraph about things you can change about your bedtime routine and sleep habits that will help improve your sleep health!



Message to Families: Establish a bedtime routine that includes dim lights, relaxing music, a warm bath or shower, or other cozy habits to make sure everyone in your family enjoys a healthy good night's sleep. Go to sleepeducation.org to find out more.