

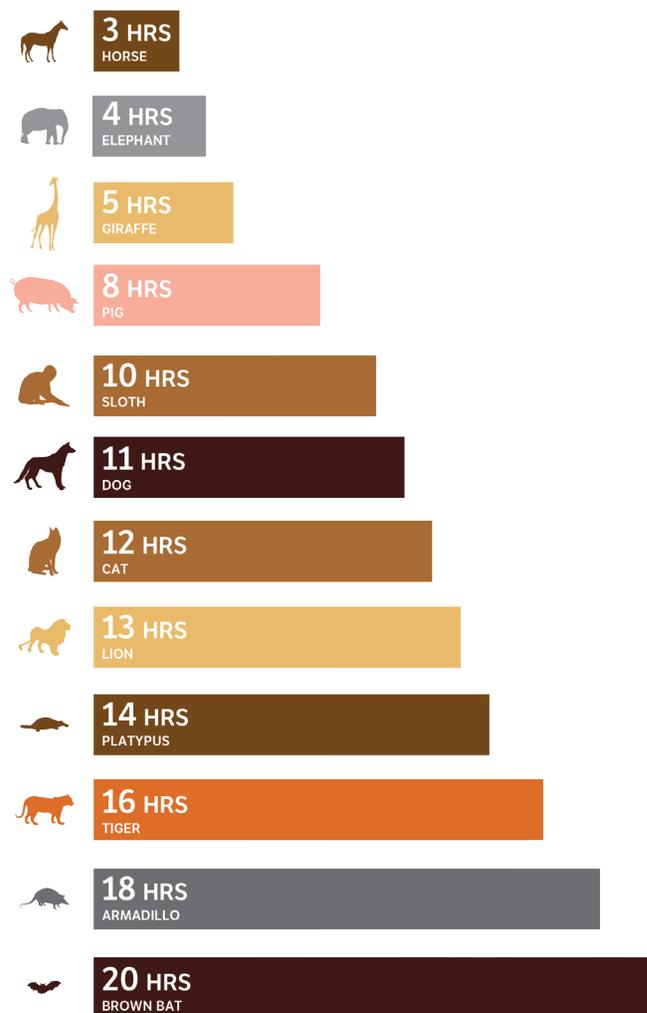
# DO THE (SLEEP) MATH

**Part 1.** Healthy sleep is important for mental and physical growth. Are you getting enough sleep? On average, 6- to 12-year-old kids need between 9 and 12 hours of sleep each night.

1. What time do you usually go to bed on a school night? \_\_\_\_\_
2. What time do you usually get up on a school day? \_\_\_\_\_
3. How much sleep are you getting on school nights? \_\_\_\_\_
4. Are you getting between 9 and 12 hours of sleep each night?  
If not, what time should you go to bed to get a good night's sleep? \_\_\_\_\_

**Part 2.** How do your sleep habits compare to those of different animals? Use the infographic to answer the questions below.

1. Which animal gets four times as much sleep as a horse?  
\_\_\_\_\_
2. If you get 10 hours of sleep per night, which animal gets double the amount of sleep you get?  
\_\_\_\_\_
3. Old MacDonald had a farm. If a horse, pig, dog, and cat lived on the farm, what is the total number of hours of sleep they would get altogether each night?  
\_\_\_\_\_
4. The forests of Sumatra are the only place in the world where you can find elephants and tigers (along with rhinos and orangutans) living together, but they have very different sleep habits. What fraction of time does an elephant sleep compared to a tiger?  
\_\_\_\_\_



**Message to Families:** Is your family getting enough sleep? The CDC and the AASM recommend 6- to 12-year-olds get between 9 and 12 hours of sleep each night for optimal health. One way to do that is to go to bed around the same time every night. And don't forget to turn off those electronics at least 30 minutes before you turn in.

Go to [sleepeducation.org](http://sleepeducation.org) to find out more.