

# REAP THE BENEFITS OF SLEEP

Let's take a close look at your sleep habits and how a lack of sleep could be impacting your daily life.

## PART 1

Take this survey to find out more about your sleep habits. Mark each question Yes or No.

| YES                      | NO                       |
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1. Do you often feel tired at school?
2. Are you too sleepy to complete homework at night?
3. Are you still tired when you wake up in the morning?
4. Have you ever felt yourself falling asleep at school?
5. Do you ever fall asleep when you get home after school?
6. Do you stay up late at night on school nights?
7. Do you ever get sleepy riding in the car or on the bus?
8. Are your weekend sleep habits different from weekdays?
9. Do you drink caffeine (energy drinks, coffee) to stay awake?
10. Do you get less than 8 hours of sleep at night?

## PART 2

If you answered "yes" to any of the questions above, it's possible that you aren't getting enough sleep. Tweens need 9 to 12 hours of sleep each night, and teens need 8 to 10 hours of sleep.

What could you do at bedtime to ensure you get a good night's sleep? What would be your ideal sleep routine? Write your ideas on the lines below.

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_



**Take-Home Sleep Tip:** Cozy bedtime routines are important to ensuring a healthy night's sleep. That might include dim lights, relaxing music, and a warm bath or shower.

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