

Why we need sleep



Your brain needs sleep because...

Sleep helps your brain to learn and remember things.

Sleep is important for our body and our brain.



Your body needs sleep because...

Sleep helps your body stay well.



Sleep gives you lots of energy.

Sleep helps your body to grow.

What happens if you do not get enough sleep?



You might be in a bad mood and get easily annoyed.

I feel grumpy and tired when I do not sleep well.



You might have trouble listening to your teacher.



You might feel upset easily.



Try finishing the orange sentences below!

I need sleep because...



When I do not sleep well, I feel...

Did you know?

Most primary school aged children need 10 or 11 hours of sleep each night.



Our healthy minds champions told us that these things can make it hard to sleep.

Watching scary things



It being too loud and noisy

Someone waking them up

Not feeling comfy

Feeling worried

Playing on a device

**There are lots of reasons that make it hard to sleep.
Draw or write in the speech bubbles what makes it hard for you to sleep.**



Getting a good night's sleep

Everyone has trouble sleeping once in a while. But, there are lots of things you can do to help get to sleep easier.

Screen time



Using a screen close to bedtime can stop us sleeping.



The light stops our brain thinking it is time to go to sleep.



We should turn off all screens at least an hour before bedtime.

Write here what time you should turn your devices off at home.

I go to bed at 8 o'clock, so I turn my tablet off at 7 o'clock



I should turn off my devices at



Getting a good night's sleep

It is important to eat and drink the right things before bed.

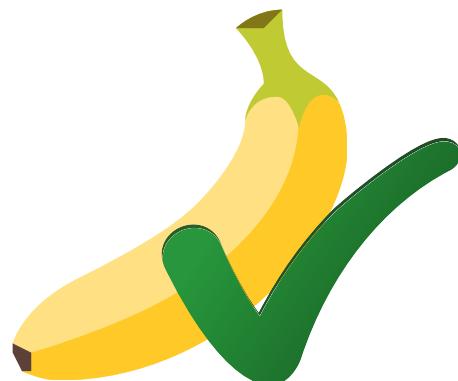


Eating or drinking things with lots of sugar in can make it hard to sleep.



Did you know?

If you feel worried at bed time you could talk to an adult. Or you could try writing or drawing the worries.



Snacks like bananas, cheese and crackers or milk are better choices.



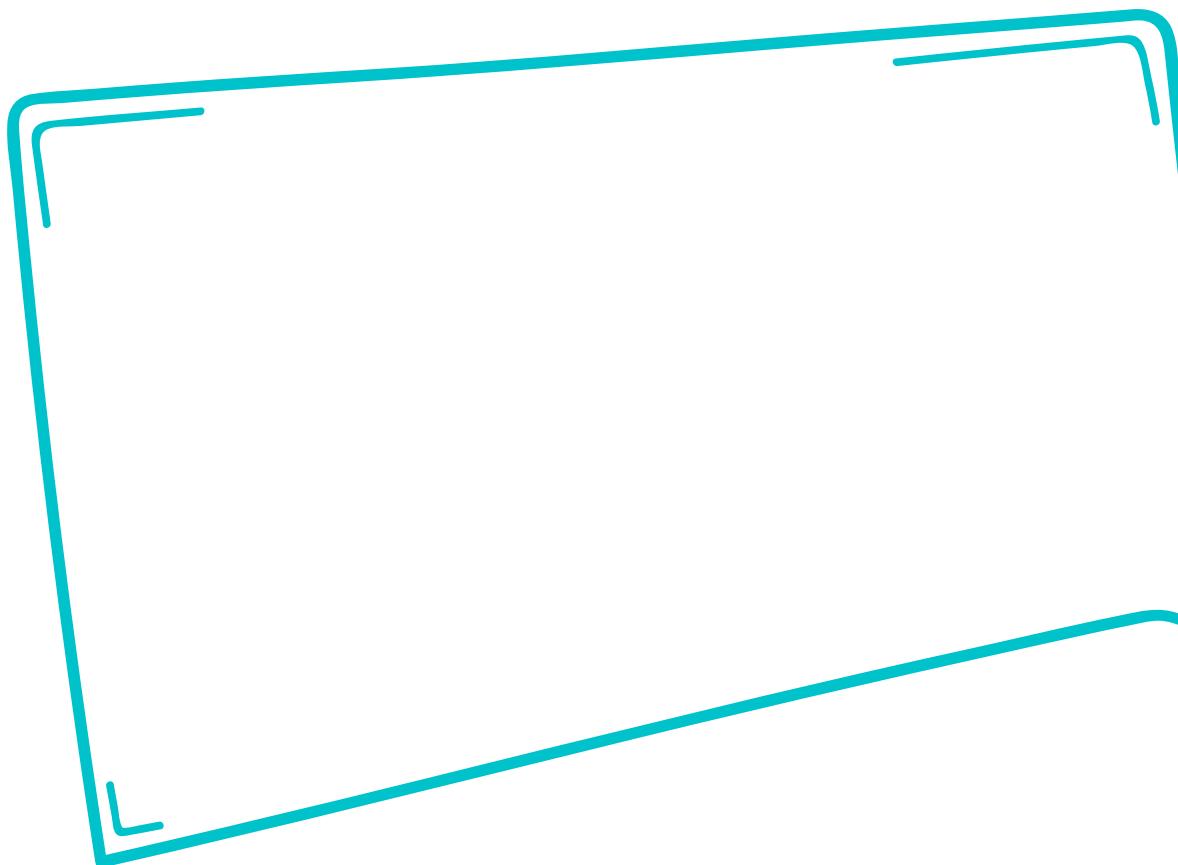
Getting a good night's sleep

We all need a sleep routine!

Going to bed and getting up at the same time every day helps us sleep well.



Write down or draw here what helps you sleep better



Top sleep tip!

Having a bath, doing some colouring, or a jigsaw before bed can also help us sleep.



Other primary school children said these things helped.



Think of the best things that could happen

Tell myself a story inside my head

Tire myself out in the daytime

Don't have my device in my bedroom

Cuddle something like my teddy

A big thank you to our healthy minds champions who helped develop this!

Sleep Wordsearch!

| | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|
| a | b | c | s | o | e | h | c | v | e |
| w | o | s | l | e | e | p | l | a | a |
| a | n | e | i | d | k | c | x | o | g |
| k | b | v | d | i | e | p | g | i | b |
| e | c | a | a | e | w | g | o | o | e |
| y | t | k | t | d | a | o | r | u | d |
| h | f | e | o | h | w | o | r | g | b |
| s | b | e | f | y | s | s | l | r | i |
| e | l | i | g | h | t | s | i | o | y |
| e | u | a | k | v | r | t | g | w | p |

Can you find?

Sleep

Lights

Bath

Bed

Awake

ZzZ

Can you find any other words about sleep?



Sleep Quiz!

How much can
you remember?

1. Danny is feeling hungry, but it's almost bed time. What should Danny have to eat? (Circle the correct answer)



Chocolate



Sweets



A banana



2. Joseph is having lots of worries at bedtime, what could he do?
-
-

3. When should you turn off your devices before bedtime?
(Circle the correct answer)

Never

1 hour before bed

5 hours before bed

Well done! Good job!



Sleep Quiz!

5. Circle the things you could do to help your sleep.



Drink hot chocolate
before bed



Have a bath before bed



Have cheese and
crackers as a snack



Talk to your parent/carer
about your worries



Watch YouTube
before bed



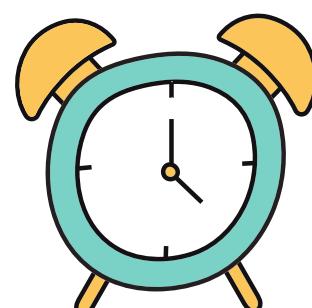
Do some colouring



Turn off your
game console



Drink milk
before bed



Go to bed at the same
time every night

How many things did you circle?



Congratulations!

This is to certify that:

**completed their workbook and became a
sleep expert today!**



**Well done and
good work!**