Appendix 1

Why Pay Attention to Your Sleep?

Sleep is very important to your overall health. It affects your performance. When you get enough sleep you can:

- Pay attention better in school
- Be creative and think of new ideas
- Fight sickness
- Be in a good mood
- Get along with friends and family
- Solve problems better

Source: National Sleep Foundation
Appendix 2

What is your getting ready to sleep routine? Here are some suggestions:

1. Have a light snack.
2. Take a bath or shower.
3. Put on pajamas.
4. Brush teeth.
5. Read a story.
6. Make sure your room is quiet.
7. Say good night to your family.
8. Turn off your television, computer, cell phone… all electronic devices.
9. Set your alarm clock for your wake up time, then, turn the clock around so it does not face you.

Source: National Sleep Foundation