



Get to Sleep, Stay Asleep

Design your own door knob hanger to let your family know that sleep is important!



Add a saying, decorate, and cut the dotted lines.

Examples:

Quiet please!

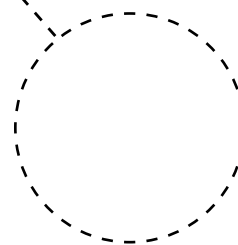
I need 11 hours of sleep.

Shhh. I'm Sleeping!

(My Name)'s
Sleep Zone

ZZZZZZZZZZZZ.....

Share the sleeping tips on the back with your family. Hang on your bedroom's door knob before you go to sleep. If you share a room with a family member, have them make a door knob hanger, too!





I need 11 hours of sleep!

Sleep is important because it:

- Lets my body and brain rest.
- Helps me pay attention and do better in school.
- Helps me have energy for the next day.

Things I should do to help me sleep well:

- Have a regular bedtime.
- Keep the room quiet, cool and dark.
- Turn off TVs, games, and computers.
- Remove any TVs from my room.