

Getting a Good Night's Sleep

It is important to get a good night's sleep.

When I sleep at night for at least _____ hours, this means I am getting a good night's sleep.



Then, I will be able to get up and have more energy to complete my daily tasks such as school, chores, and all the fun things I want to do!



My bedtime is _____.

When the clock says _____ or my parents tell me to go to bed, I should go to bed.



When I am in my bed, I will close my eyes and lie quietly until I fall asleep.

On most days, I need to wake up at _____.



When I hear my alarm go off at _____ or my parents tell me to wake up, I should get out of my bed and get ready for my day.



I will have a great day!

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