



Enough Sleep?

Do Animals Sleep?

True or false: Rhinos can sleep lying down or standing up.



Do Animals Sleep?

True!

Rhinos have been known to take short naps while standing.



Do Animals Sleep?

True or false: Cheetahs sleep 20 or more hours a day.



Do Animals Sleep?

False!

Cheetahs sleep
12 hours a day, just a
few more hours
than you.



Do Animals Sleep?

True or false: Chimps make themselves beds to sleep in.



Do Animals Sleep?

True!

Chimps collect branches and leaves to make a comfy bed.



Good Night, Sleep Tight

Like all of these animals, you need to get enough sleep, too!
But, how much sleep is enough?



Good Night, Sleep Tight

How many hours of sleep do you need each night?



AGE	HOURS
4-12 MONTHS	12-16 HOURS, INCLUDING NAPS
1-2 YEARS	10-14 HOURS, INCLUDING NAPS
3-5 YEARS	10-13 HOURS, INCLUDING NAPS
6-12 YEARS	9-12 HOURS
13-18 YEARS	7-9 HOURS

Good Night, Sleep Tight

You need 9 to 12 hours of sleep every night to help your body and brain...

- grow
- store memories
- be healthy



**WHAT TIME WILL YOU NEED TO GO TO BED TONIGHT
TO GET ENOUGH SLEEP?**

Your Bedtime

What time do you need to go to bed to fully recharge your energy?



Use this printable to find out how many hours of sleep you normally get and how you can adjust your bedtime to get even more!

Name _____

Sleep Calculator

How many hours of sleep do you get? Aim for 9-12 hours each night! Color in each section of the clock between your bedtime and the time you wake up. Then count how many pieces are filled in to discover how many hours you sleep each night.

©2019 Sanford Health. All rights reserved. fit.sanfordhealth.org

