

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



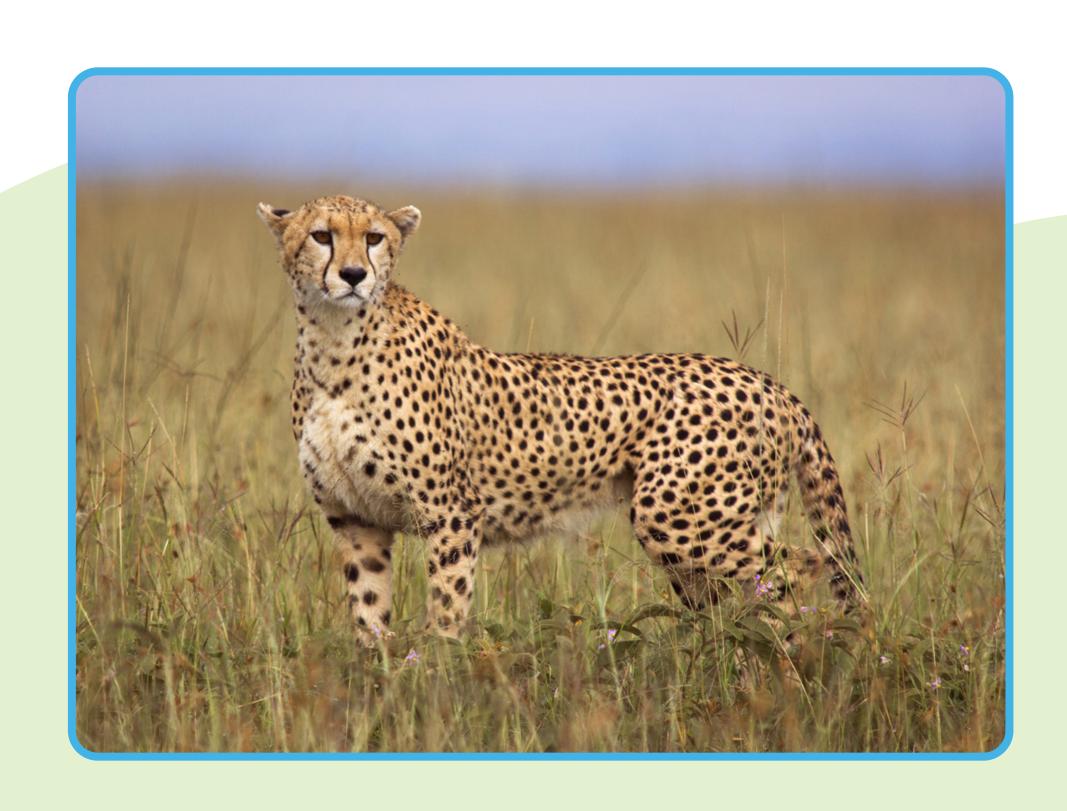


True!

Rhinos have been known to take short naps while standing.



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



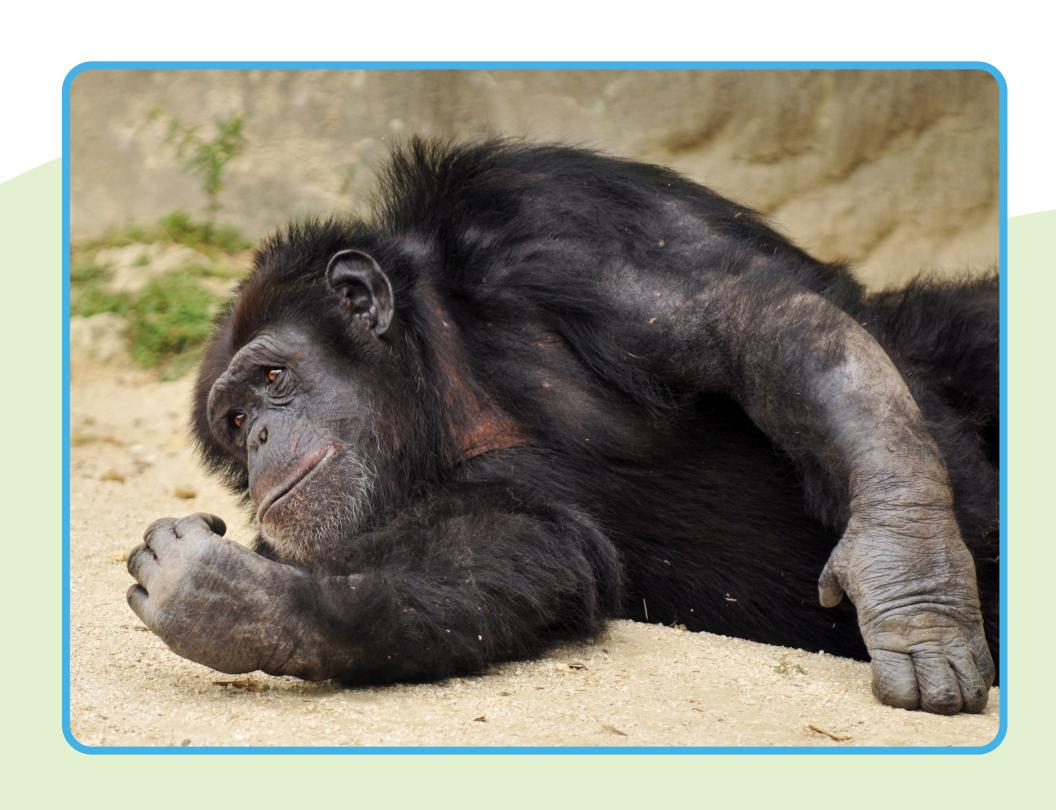


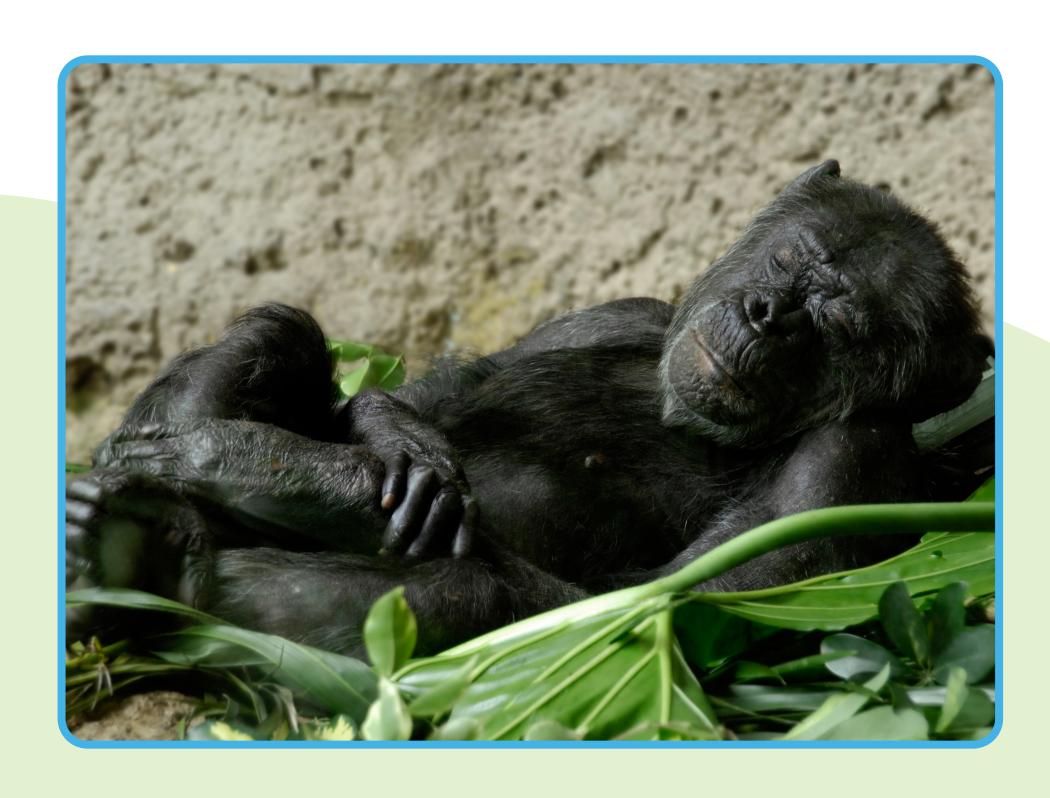
False!

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



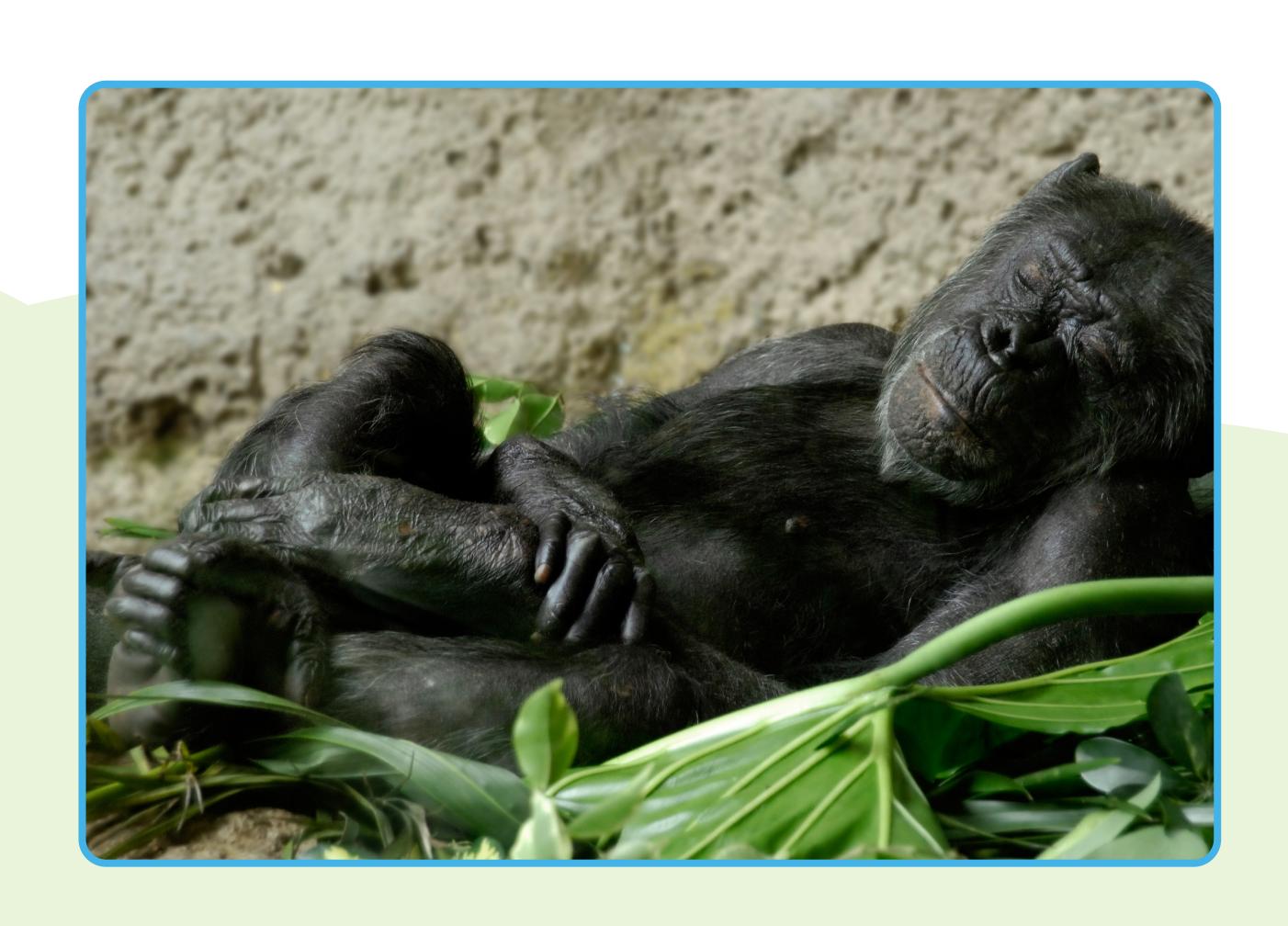
True or false: Chimps make themselves beds to sleep in.





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!

