



Choose to Recharge

What is your energy level right now?



low



medium



fully recharged

Sleep Tips

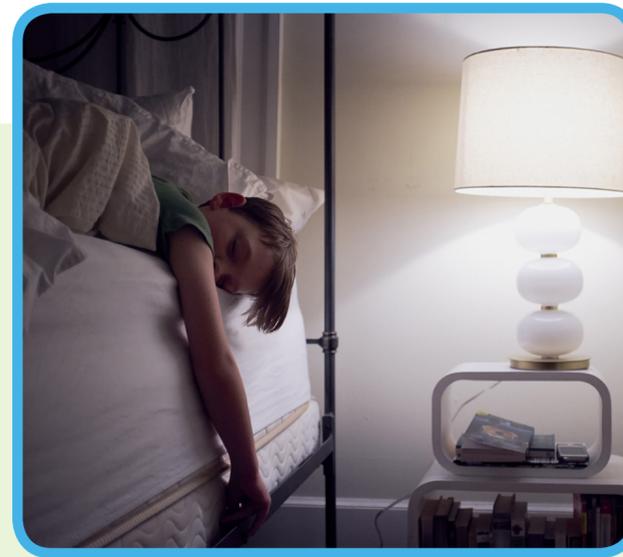
Don't:



Stay up late.



Allow a TV, computer, or other screen distractions in your room.



Leave your lights on.



Rev up your body and brain before bed.

Sleep Tips

Do:



Plan to sleep 9–12 hours each night.



Create and follow a bedtime routine.



Make sure to relax before it's lights out.



Make your room a sleep zone.

Awesome!

Have a good night:

- You need 9–12 hours of sleep each night to recharge your body and brain.
- Bedtime routines help you get the sleep you need to feel energized in the morning.
- You can make your room a sleep zone to help you sleep more soundly each night.



Fill in the blanks.

_____ RESTORES YOUR ENERGY.

Better Sleep

Write or draw something
you can do for a good
night's sleep.

Put everyone's
together to make
a quilt!



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