HEALTHY LIVING

SLEEP



Bullfrog Books

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Sweet Dreams!

Sam is tired.

What should she do?



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She goes to bed.

She turns off the lights.

She sleeps.

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Good sleep is important.

It helps every part of you.



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Sleep helps you solve problems.



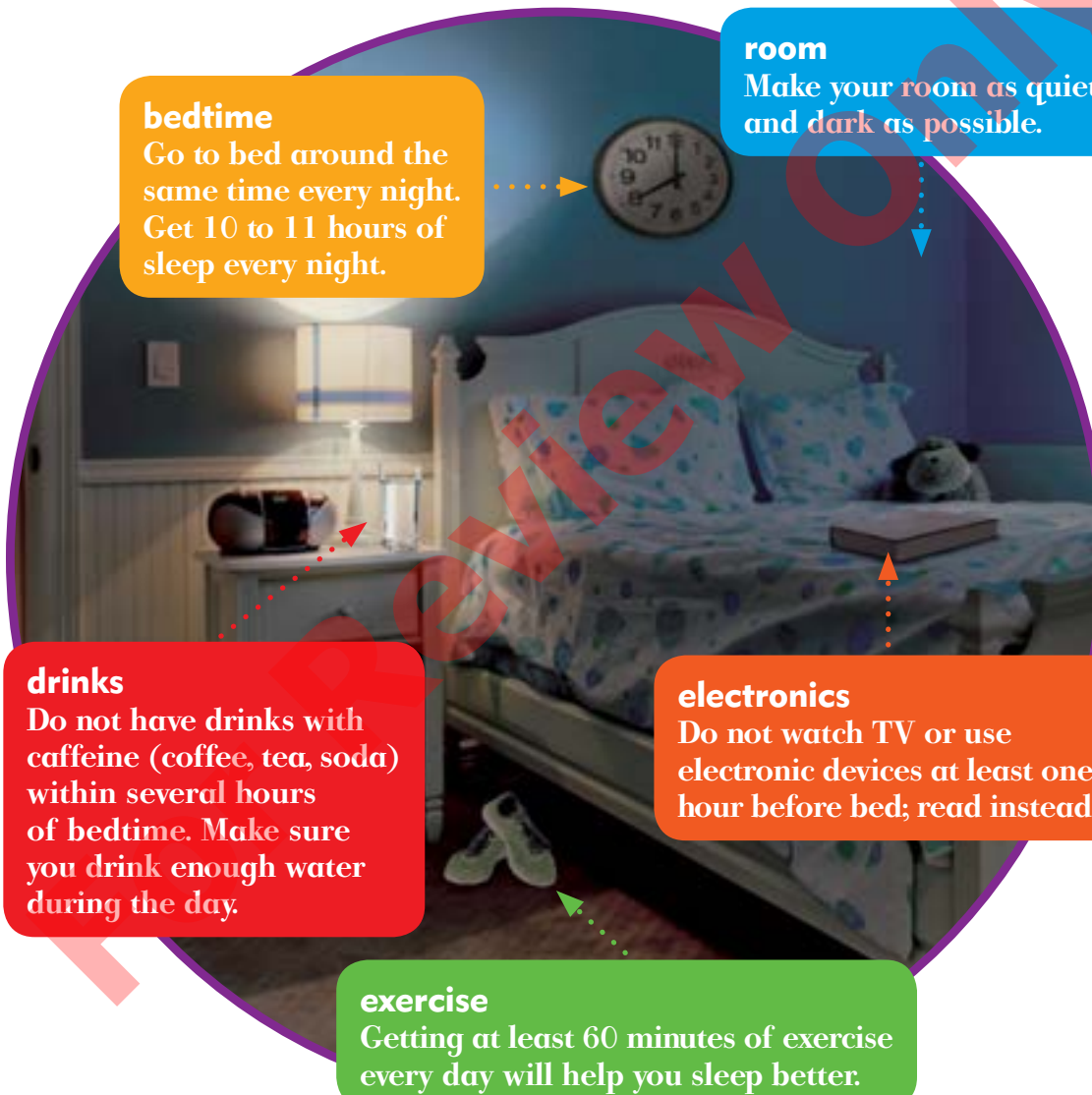
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A Good Night's Sleep

Here are some things you can do to make sure you get a good night's sleep:



bedtime
Go to bed around the same time every night. Get 10 to 11 hours of sleep every night.

room
Make your room as quiet and dark as possible.

drinks
Do not have drinks with caffeine (coffee, tea, soda) within several hours of bedtime. Make sure you drink enough water during the day.

electronics
Do not watch TV or use electronic devices at least one hour before bed; read instead.

exercise
Getting at least 60 minutes of exercise every day will help you sleep better.

Preview only

Picture Glossary



dreams
Thoughts, feelings, and images that you think about while you are sleeping.



rested
Having had enough sleep to function well.



muscles
The tissues in your body that help you move.



solve problems
To be able to think of ideas or answers for something.

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