

Understanding Sleep

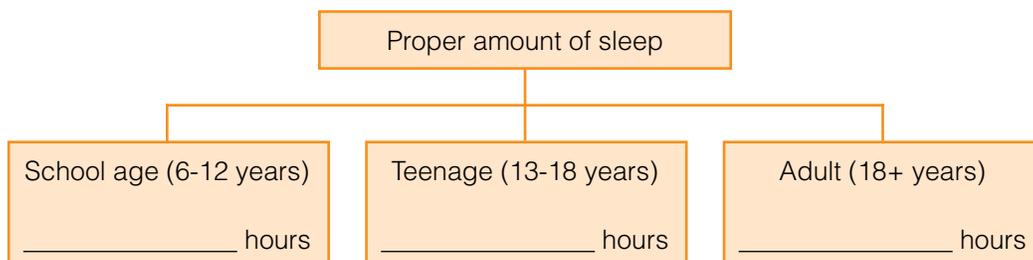
1. We all need to get a good quality of sleep _____ night.
2. An adequate amount is enough to help you _____ properly throughout the day.
3. If you wake up feeling _____ and _____, you probably got a good quality of sleep. If you find yourself feeling sleepy during the day, you probably did not.
4. If you don't get enough good quality sleep each night, you will become _____.
5. When you sleep, your body is _____. This means that your body is inactive and without awareness even though your brain is still very active.
6. Some scientists believe that your brain uses sleep to recover from _____, _____ problems, and replenish important chemicals it needs to function.

The Importance of Sleep

7. Complete the unfinished sentences with benefits of a good night's sleep.
 - ✓ Helps the body heal and stay healthy
 - ✓ Reduces risk of _____
 - ✓ Helps the body with growth and development
 - ✓ Improves _____
 - ✓ Reduces _____ and enhances _____
 - ✓ Improves memory and productivity
 - ✓ Increases alertness and _____ risk of accidents
 - ✓ Helps metabolism and can help _____

Getting Enough Sleep

8. Fill in the blanks with the proper amount of sleep for each age group.

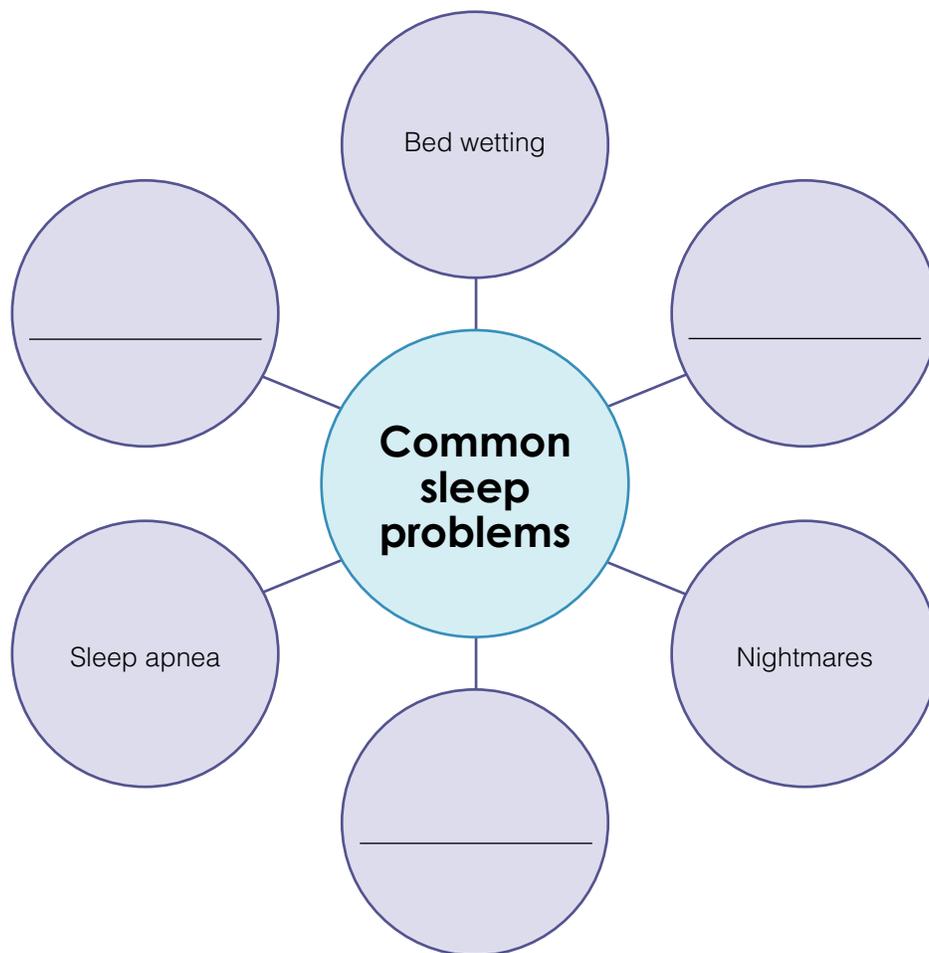


What Happens When You Don't Sleep Enough or Don't Sleep Well?

9. Good quality sleep doesn't just help you feel your best; it also protects you from _____ conditions, diseases, and other challenges to good health.

Common Sleep Problems

10. Almost _____ experiences an occasional disruption to sleep.
11. If your sleep is disrupted night after night, your body develops a _____, and eventually your judgment, focus, and overall function will suffer.
12. In the circles, fill in the blanks with common sleep problems.



Self-Management for Good Sleep

13. Things you should do every day:

- 1 _____
- 2 _____
- 3 _____

14. Things you should do when preparing to sleep:

Set and follow a _____ schedule. Going to bed at the same time each night and getting up at the same time in the morning helps your body get into a routine.

Avoid _____ (caffeine, screen time) before bed.

_____ before bed. Reading a book or taking a bath can help you relax and fall asleep more easily.

Create a quality sleeping _____ (temperature, darkness, quiet, comfort). You will sleep best in a cool, dark, quiet space that is comfortable.