

SLEEP AWARENESS MONTH

BE A SLEEP HERO!

Sleep gives your **brain power**,
helps your **body grow**, and keeps
your **mood happy**!

★ Sleep Hero Tips ★



Turn Screens Off
1 hour before bed.



Keep the Same Bedtime
Same time each night.



Do Calm Things Before Bed
Read, draw or
listen to quiet music



Make Your Bedroom Sleepy
Dark • Quiet • Cool
& Comfy.



Skip Sugary Snacks at Night
No sweets or fizzy drinks



Move During the Day
Play & exercise.

★ Sleep Heroes: ★

- ☒ Take deep breaths.
- ☒ Think of a calm place
- ☒ Reading quietly for few mins.

Sleep Heroes rest well, **learn well**, and **feel great!**