

The Importance of Sleep



Challenge

Every living creature sleeps, from the smallest insect to the largest whale. Some animals spend as many as 20 hours a day sleeping! While children and adults don't need to sleep quite as many hours as this, our sleep is just as important. We need sleep to keep us healthy, happy, and doing our best!

Sleep hygiene describes how healthy our sleeping patterns are.

Complete the table in order to think about how effective your sleep hygiene is.

You could also try to find out:

- How does sleeping under a fan help people affect the hottest body and brain?
- Why does the Guinness Book of Records not keep a record for this category?
- How long is the longest sleep ever recorded?

Sleep Hygiene	Answer
Time I go to sleep	
Time I get up	
Number of hours of sleep per night	
My sleep schedule, include	
My timeline to sleep	
At least before I go to bed	
Half an hour before I go to bed	
Right before I go to bed	
When I should avoid before sleeping	
Things which help us fall asleep	

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Scott C. Dulebohn

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