



Name \_\_\_\_\_

Date \_\_\_\_\_

The best place to sleep is...

\_\_\_\_\_

In the evenings, our family usually...

\_\_\_\_\_

The best sleeper in our family is...

\_\_\_\_\_

We turn off our phones and screens in the evening at...

\_\_\_\_\_

It's easier to fall asleep at night when...

\_\_\_\_\_

I know I've slept well when...

\_\_\_\_\_

If I don't get enough sleep, I...

\_\_\_\_\_

The most fun place I've slept at is...

\_\_\_\_\_



My bedtime toy  
or my dream

