



**When I sleep
enough,**

...I have more
energy.

...I remember
things better.

...it's nice to be
with family
and friends.

...fewer
accidents
happen.

...I learn
more
easily.

...I grow.

...I stay
healthy.

...I'm in a
good mood.

**9-10
hours of
sleep**

**In the evening, it's
more difficult to
fall asleep if...**

...I've had
a busy day.

...I've been
playing a lot.

...I've been watching
TV or using my phone
a lot.

...I'm worried
about
something.

...it hurts
somewhere.

...I'm scared.

...I drink soft
drinks or
energy drinks.