



Get Enough Sleep

1. Tick the correct option -

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| <p>a. How many hours of sleep is recommended every night?</p> <ul style="list-style-type: none"> 5–6 hours 8–9 hours 10–12 hours 6–7 hours | <p>b. Which of these should you avoid before bedtime?</p> <ul style="list-style-type: none"> Reading a book Deep breathing Using screens or listening to loud music Journaling |
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2. Tick (✓) the habits that support a healthy and active lifestyle. Leave the unhealthy ones unchecked.

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| Playing games late at night | Avoiding screens before bed |
| Light walk or stretching in the evening | Watching TV before sleeping |
| Sleeping at the same time every night | Reading a book before bed |
| Eating snacks just before bed | Inconsistent sleep/wake times |

3. Fill in the blanks-

- a. Avoid _____ at least 30 minutes before bedtime.
- b. Sleep helps regulate the _____ hormone.
- c. Calming activities like deep breathing can help you fall asleep _____.
- d. _____ is the hormone produced by the brain that regulates the sleep-wake cycle.