



### 1.- Why do you sleep?

You have to grow up

Your body needs energy

### 2.- If you are a child. How many hours do you have to sleep?

Between 15 or 16

Between 10 or 11

### 3.- What happen if you sleep 5 or 6 hours?

You feel tired or grumpy

You get energy

### 4.- Ride a bicycle, run or walk every day is a healthy sleep habit?

True

false

### 5.- Play computer games is a healthy sleep habit?

True

false