



1.- Why do you sleep?

You have to grow up	Your body needs energy
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2.- If you are a child. How many hours do you have to sleep?

Between 15 or 16	Between 10 or 11
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3.- What happen if you sleep 5 or 6 hours?

You feel tired or grumpy	You get energy
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4.- Ride a bicycle, run or walk every day is a healthy sleep habit?

True	false
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5.- Play cometer games is a healthy sleep habit?

True	false
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