

# SLEEP



Preescolar y Primaria

## Lesson 5

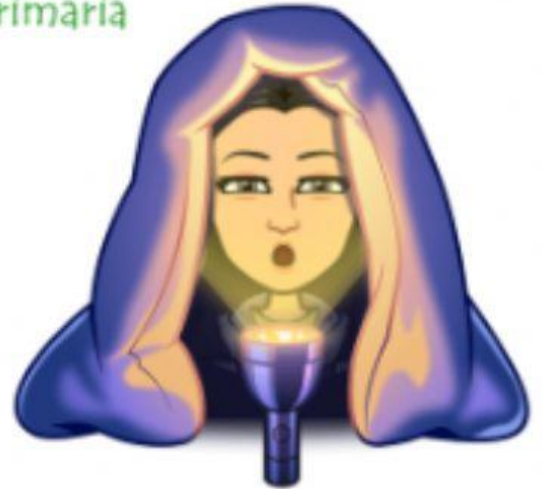
### Read and match

Ideas to help you to sleep

It is sometimes difficult to go to sleep:

To sleep well, always:

- go to bed at the same time every day.
- do an activity to relax before you go to bed.
- keep your bedroom quiet and dark.



Just before you go to bed, never:

- eat a big dinner.
- drink cola or other fizzy drinks.
- play computer games.
- do sports.



Write sentences about you. Use always, sometimes or never.

1



I always drink a glass of milk.

2



\_\_\_\_\_.

3



\_\_\_\_\_.

4



\_\_\_\_\_.

5



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6



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