

3 IMPROVE SLEEP



Get Enough Sleep

1. Tick the correct option -

a. How many hours of sleep is recommended every night?

5–6 hours

8–9 hours

10–12 hours

6–7 hours

b. Which of these should you avoid before bedtime?

Reading a book

Deep breathing

Using screens or listening to loud music

Journaling

2. Tick (✓) the habits that support a healthy and active lifestyle. Leave the unhealthy ones unchecked.

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.