



## 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"> <li>5–6 hours</li> <li>8–9 hours</li> <li>10–12 hours</li> <li>6–7 hours</li> </ul> | <p>b. Which of these should you avoid before bedtime?</p> <ul style="list-style-type: none"> <li>Reading a book</li> <li>Deep breathing</li> <li>Using screens or listening to loud music</li> <li>Journaling</li> </ul> |
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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.