

## Sleep Challenge

REMEMBER - SLEEP IS SO IMPORTANT AND IT IS UP TO YOU!!

Winding down tips:

- Have a warm bath
- Have a warm milky drink (not too sugary as this wakes you up!)
- Do some gentle stretches (not exercise as this wakes you up!)
- Read a book
- Listen to some relaxing music

	Screens off an hour before bedtime = 2 points	Bedroom technology free = 2 points	Use Smiling Mind/5 senses/finger breathing = 2 points	Number of hours of sleep: 1 hour = 2 points. You need 9 and a half hours = 19 points	<b>TOTAL</b> Top score = 25
<b>Monday</b>					
<b>Tuesday</b>					
<b>Wednesday</b>					
<b>Thursday</b>					
<b>Friday</b>					
<b>Saturday</b>					
<b>Sunday</b>					
<b>GRAND TOTAL</b>					