

# WHY IS SLEEP SO IMPORTANT?

## *Sleep Hygiene for high school* WORKSHEET

Name: \_\_\_\_\_

What is sleep hygiene?

.....  
.....

List three reasons sleep is important for your health:

1. ....
2. ....

How many hours of sleep do teenagers need per night? \_\_\_\_\_

List five tips you can use to improve your sleep hygiene:

1. ....
2. ....
3. ....
4. ....
5. ....

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.....  
.....

# Math Worksheet Sleep Hacks Guide

**Chao Zhang**



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