

# THE IMPORTANCE OF SLEEP

SAVING THE TEACHERS



**IMPORTANCE OF SLEEP** **SLEEP MATH**

NAME: \_\_\_\_\_

SHEET 1

SLEEP

**IMPORTANCE OF SLEEP** **SLEEP MATH**

NAME: \_\_\_\_\_

Sleep is extremely important for our growth and development. A child should get between 9 and 12 hours sleep each night.

Just like humans, animals also need sleep in order to develop and - Different animals require different amounts of sleep.

What time do you go to sleep on a school night? \_\_\_\_\_

What time do you get up on a school day? \_\_\_\_\_

How much sleep do you normally get on a school night? \_\_\_\_\_

-  **HORSE - 3 HOURS**
-  **ELEPHANT - 4 HOURS**
-  **DOLPHIN - 8 HOURS**
-  **SLOTH - 10 HOURS**
-  **PANDA - 12 HOURS**
-  **LION - 13 HOURS**

Use the sleeping animals guide to help you answer the questions below.

Which animal sleeps the most? \_\_\_\_\_

\_\_\_\_\_ on a horse? \_\_\_\_\_

\_\_\_\_\_ on a lion? \_\_\_\_\_



# SLEEP MATH

## 4 WORKSHEETS

GROWN UP

# Sleep Hacks Math Worksheet Today

**AW Chickering**



**Sleep Hacks Math Worksheet Today:**

## Whispering the Strategies of Language: An Mental Journey through **Sleep Hacks Math Worksheet Today**

In a digitally-driven earth wherever monitors reign supreme and quick communication drowns out the subtleties of language, the profound strategies and emotional nuances hidden within words often go unheard. Yet, located within the pages of **Sleep Hacks Math Worksheet Today** a captivating fictional value pulsing with fresh feelings, lies an exceptional quest waiting to be undertaken. Written by a skilled wordsmith, this marvelous opus invites readers on an introspective trip, lightly unraveling the veiled truths and profound influence resonating within ab muscles material of each word. Within the mental depths with this poignant evaluation, we shall embark upon a genuine exploration of the book is core themes, dissect its charming writing design, and succumb to the effective resonance it evokes heavy within the recesses of readers hearts.

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