

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.

What did you find useful about this presentation?

.....
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Math Worksheet Sleep Hacks Guide

Sebastian Brünink



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