



Circle what's bad about this sleep environment!

Sleep Hygiene

What makes a good sleep environment?



Circle what's good about this sleep environment!



Why is this a good sleep environment?

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Why is this a bad sleep environment?

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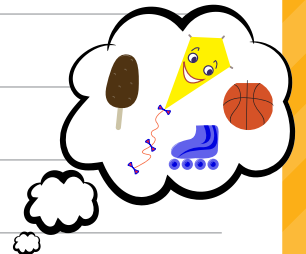
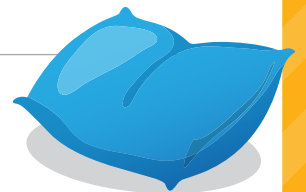
Why do children need sleep?

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What happens if children don't get enough sleep?

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How many hours sleep do children need per night?

