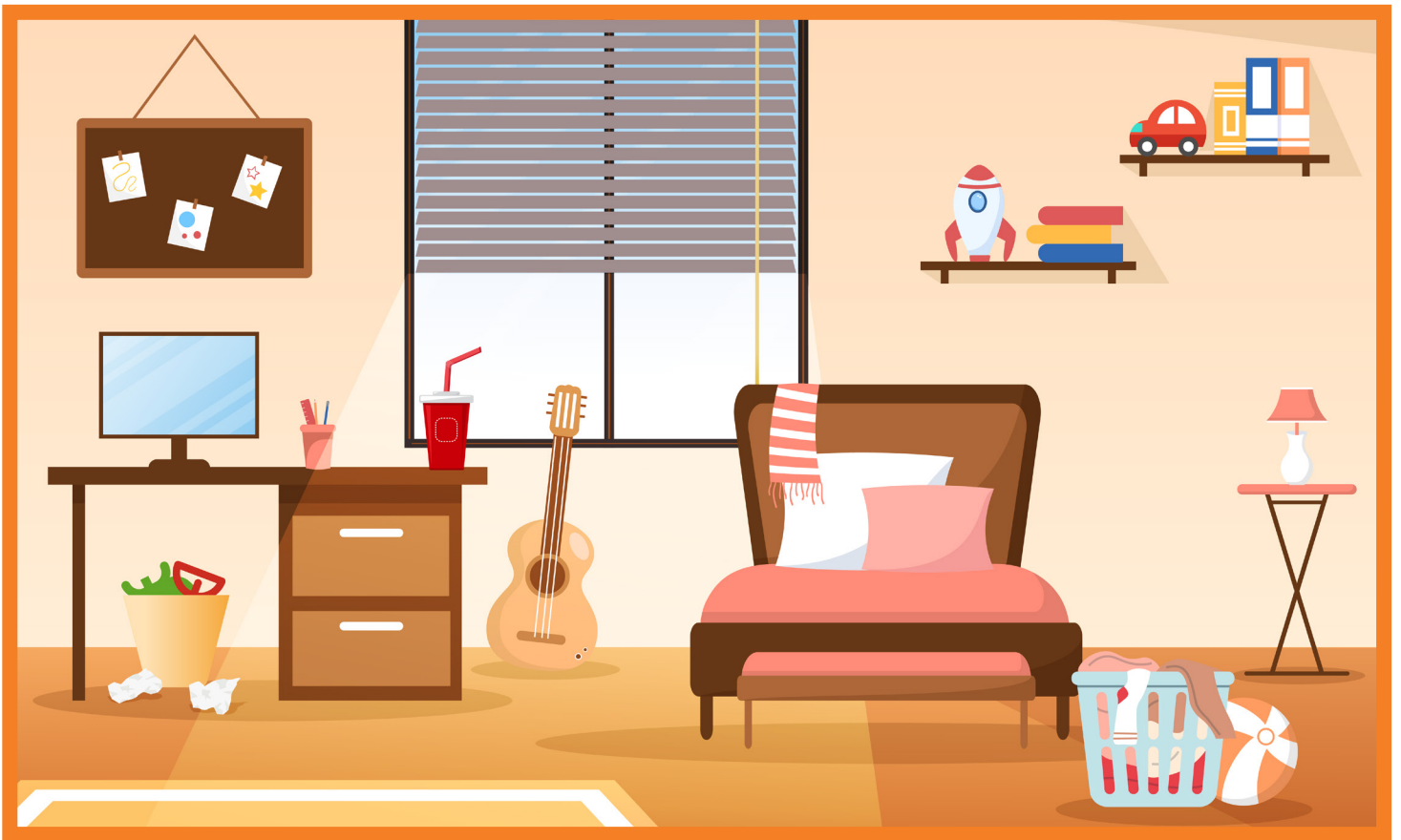


Name _____

Sleep Zones

Look at the sleep zone below. What items may distract you from getting a good night's sleep? Cross out any item that should be removed to make this the perfect sleep zone.



“What is one thing you can do to improve your sleep zone?”
