



Enough Sleep?

Do Animals Sleep?

True or false: Horses can sleep lying down or standing up.



Do Animals Sleep?

True!

Horses have been known to take short naps while standing.



Do Animals Sleep?

True or false: Polar bears sleep 20 or more hours a day.



Do Animals Sleep?

False!

Polar bears sleep between 7 and 8 hours a day, just like a human adult.



Do Animals Sleep?

True or false: Chimps make themselves beds to sleep in.



Do Animals Sleep?

True!

Chimps collect branches and leaves to make a comfy bed.



Good Night, Sleep Tight

Like all of these animals, you need to get enough sleep, too!
But, how much sleep is enough?



Good Night, Sleep Tight

How many hours of sleep do you need each night?



AGE	HOURS
4-12 MONTHS	12-16 HOURS, INCLUDING NAPS
1-2 YEARS	10-14 HOURS, INCLUDING NAPS
3-5 YEARS	10-13 HOURS, INCLUDING NAPS
6-12 YEARS	9-12 HOURS
13-18 YEARS	7-9 HOURS

Good Night, Sleep Tight

You need 9 to 12 hours of sleep every night to help your body and brain...

- grow
- store memories
- be healthy



WHAT TIME WILL YOU NEED TO GO TO BED TONIGHT TO GET ENOUGH SLEEP?

Sleep Habits

Think about your bedtime and how you prepare for a good night's sleep.



Use this printable to compare your sleep habits to animals' sleep habits!

Name _____

Animal Sleep Habits

Ever wonder how different animals sleep? Unscramble the letters to reveal the name of each animal. Cut out the animals, habits, and habitats. Then match each animal with its sleep zone and number of hours of sleep.

resh nkase aropl areb mchpi hdilc

Animal					
Sleep Zone					
Hours					

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Name _____

3 Hours of Sleep	7-8 Hours of Sleep	9 Hours of Sleep	8-12 Hours of Sleep	16 Hours of Sleep	

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