

Your Sleep Zone



Sleep Zone

Your bedroom should be free of distractions, like bright lights from a phone, TV, or computer. These can keep us from falling asleep.



Sleep Zone

A sleep zone is an area where you can fall asleep quickly and wake up energized.



Sleep Zone

A good sleep zone is the perfect temperature, is dark at night, and has no distractions to keep you awake. Your sleep zone might have:



Dim lighting



Soft blankets



Comfortable pillows



Shades or curtains to block sunlight



Quiet music playing



Uncluttered surfaces and floors



WHAT IS ONE THING YOU CAN DO TO HELP YOURSELF SLEEP BETTER.?

Your Sleep Zone

Think about your bedroom.

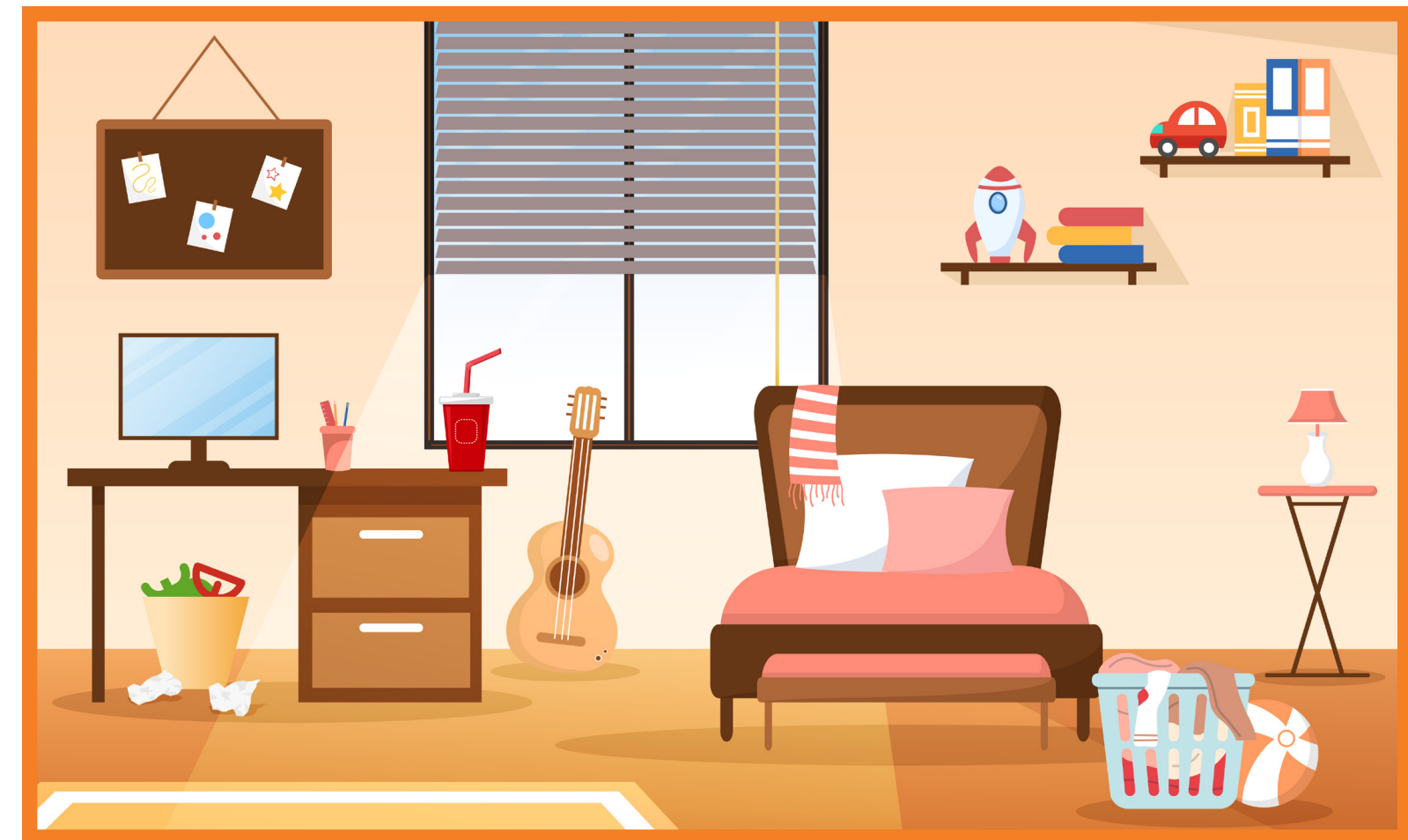


Can you find all the items that might keep you from getting a good night's sleep?

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?”

Answers: Dirty Laundry, Open Blinds, Lamp Light, Soda, Trash, Computer Screen

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