

# TEK Extra!

Supplement to TIME For KIDS



9 HOURS  
PER NIGHT =  
SLEEPING RIGHT!

## BE A **STAR SLEEPER**



ARE YOU  
GETTING  
ENOUGH  
**SLEEP?**

# ARE YOU A STAR SLEEPER?

One of Garfield's favorite things to do is sleep. It helps him do his best in everything he does.

Did you know that kids should get at least nine hours of snooze time each night? You need that sleep to help keep your brain and body working at their best. When you sleep well, you do well!

Go from start to finish through the maze. As you head from morning to night, you'll find tips that will help you sleep right.

**START HERE**

**GOOD MORNING, SUNSHINE!**  
Getting at least 9 hours of sleep each night can help you start each day feeling peppy.



**DEAR DIARY**  
Keeping a sleep diary helps you see how much you're sleeping and how much energy you get from a good night's sleep.



**READY AND ALERT**  
If you don't get enough sleep at night, you'll be sleepy during the day and you might miss something really important.

**KEEPING TIME**  
Your body has a special kind of "clock" inside that helps you rise with the sun and go to sleep at night.



**BE YOUR BEST**  
Getting enough sleep helps you do your best in whatever you do—from schoolwork to sports.

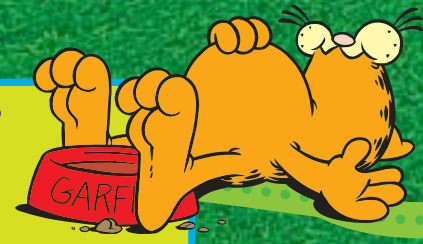


**AHHHH! THAT'S NICE!**  
A warm bath before bed can help you relax.



**BED HEAD!**  
During sleep, your brain sorts and stores memories.

**TIME FOR CHOW? NOT NOW!**  
Eating meals too close to bedtime can ruin your sleep.



**A BRIGHT IDEA**  
Sleep is better in the dark!



**LOOK AT A BOOK**  
Reading a book before bedtime is a great way to get ready for sleep.



**EXERCISE IS GREAT BUT NOT TOO LATE**  
You may become too jumpy to sleep if you exercise too close to bedtime.



**SAME TIME, EVERY TIME**  
Go to bed at the same time each night.

**WANT A BETTER BEDTIME?**  
Steer clear of sodas with caffeine before bed. They can keep you from sleeping.



**TOP 5 REASONS TO GET A GOOD NIGHT'S SLEEP**

A good night's sleep can make a big difference in your day! Getting at least nine hours of sleep can help you...

1. Do your best in whatever you do.
2. Boost your brainpower.
3. Play at the top of your game.
4. Stay on your toes.
5. Feel peppy and at your best.

**GO TO SLEEP ONLINE** For tons of fun facts and amazing games, go to <http://starsleep.nhlbi.nih.gov>



**FINISH**

# SNOOZE! ALARMS!

Can you find at least 12 things in this picture that could ruin a good night's sleep? Answers below.



Answers: TV, light from lamp, light from overhead fixture, video game, computer, a big meal right before bedtime, noisy radio, uncomfortable and saggy bed, no blankets or pillow, soda with caffeine, toy plane and ringing cell phone.



**SLEEP WELL. DO WELL.**

**BE A STAR SLEEPER!**

Visit <http://starsleep.nhlbi.nih.gov>  
for great games and more info!

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