

GARFIELD

STAR SLEEPER

FUN PAD

I'M NO FOOL,
SLEEP IS COOL!



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NATIONAL INSTITUTES OF HEALTH
National Heart, Lung, and Blood Institute

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I'M NO FOOL,
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**The National Center on Sleep Disorders Research
The National Heart, Lung, and Blood Institute
NATIONAL INSTITUTES OF HEALTH**

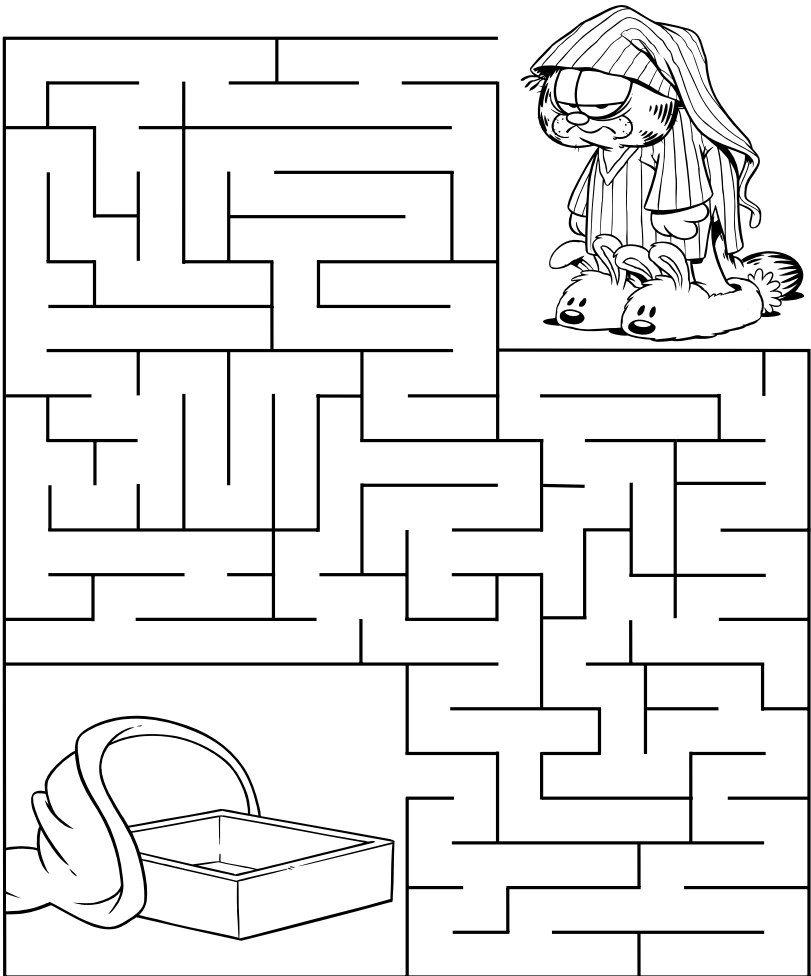
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GETTING ENOUGH SLEEP
EACH NIGHT IS IMPORTANT,
BECAUSE TO DO YOUR BEST,
YOU NEED LOTS OF REST!



**Can you help Garfield
find his bed?**



Your body has a special kind of “clock” inside that helps you rise with the sun and go to sleep at night.

I FEEL SLEEPY ALL THE TIME. IS MY CLOCK BROKEN?



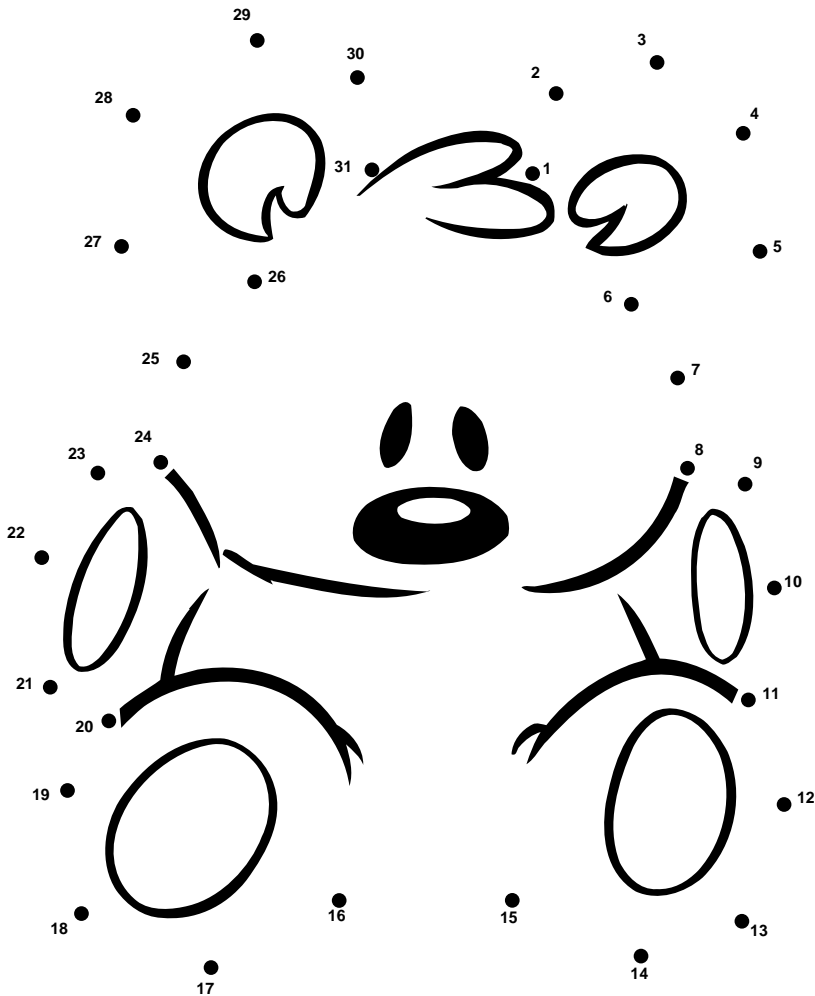
**When you're asleep,
your brain keeps
working and your
body recharges.**



**Most kids need
at least 9 hours
of sleep each night.**

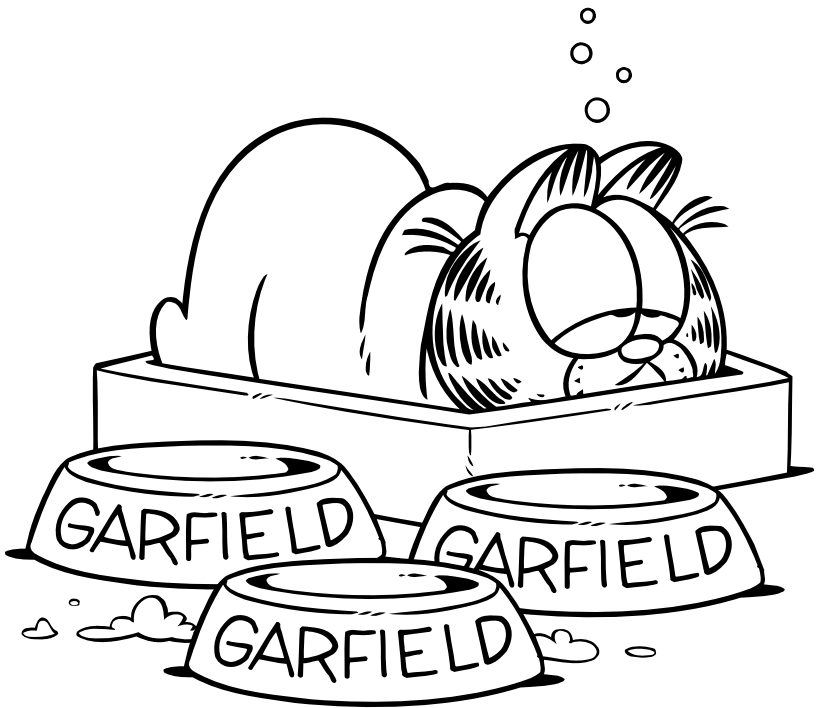


Connect the dots to find out what Garfield needs for bed.

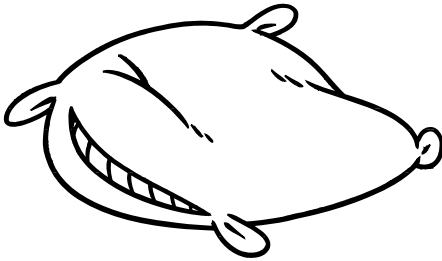


SLEEP TIP #1

**Eating too close to bedtime
can ruin your sleep.**



**Which of these won't help Garfield sleep?
Put a circle around it.**



SLEEP TIP #2

**Noises can keep you awake,
so make sure you're in a
quiet place at bedtime.**



Knock, knock!

Who's there?

Anita.

Anita who?

**Anita nap 'cause
I stayed up too late
last night!**



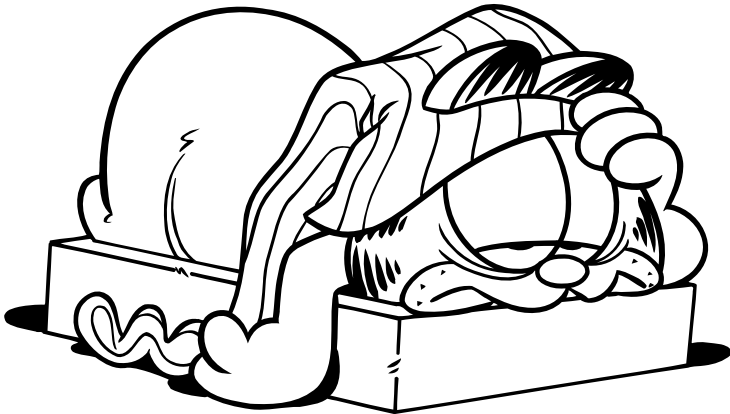
SLEEP TIP #3

**Drinking colas with
caffeine before bed can
keep you from sleeping.**



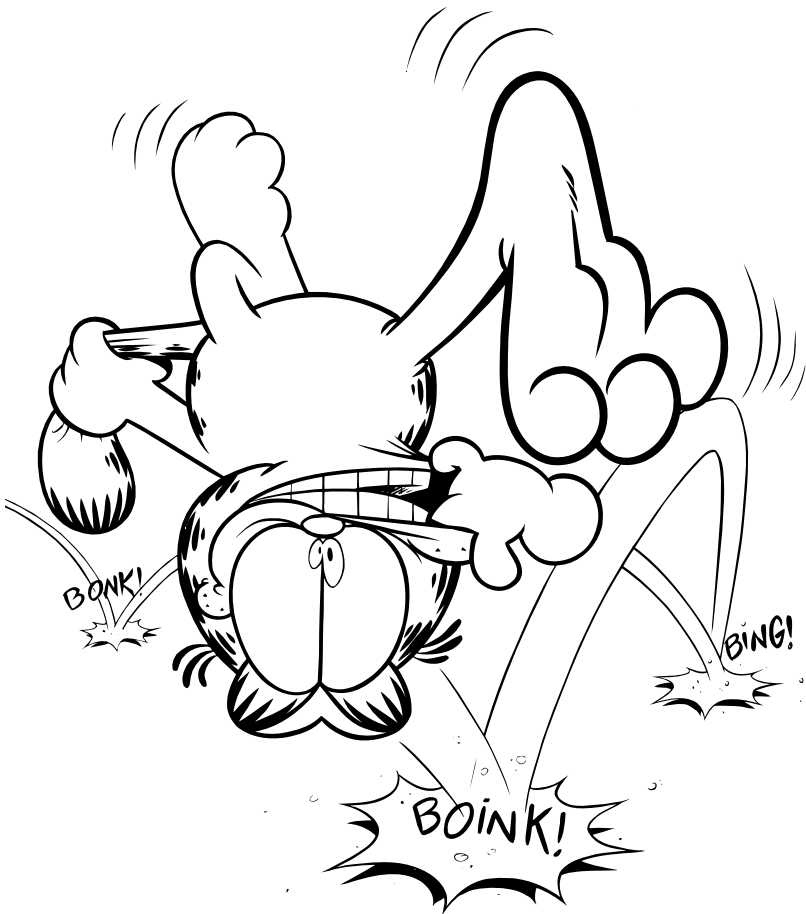
**Garfield can't sleep.
Unscramble the words below
to find out what's keeping
the crabby tabby awake.**

1. RBAIKGN ODG _____
2. EIRNS _____
3. OTEILVNIES _____
4. EIRAPALN _____
5. DRAIO _____
6. RBIHGT IGTHSL _____
7. KJACHRMAME _____



SLEEP TIP #4

Exercising too close to bedtime can make you too jumpy to sleep.



See how many words
you can make out of
BEDTIME.

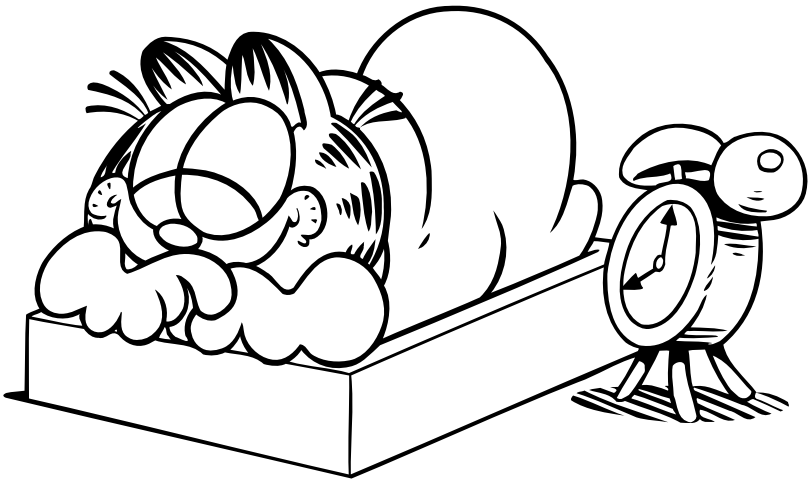
bet
dime



A series of horizontal lines for writing, arranged in two columns. The left column has 10 lines, and the right column has 10 lines. The first two lines of the left column contain the words "bet" and "dime" respectively. The remaining lines are blank.

SLEEP TIP #5

**Go to bed at the same
time each night.**

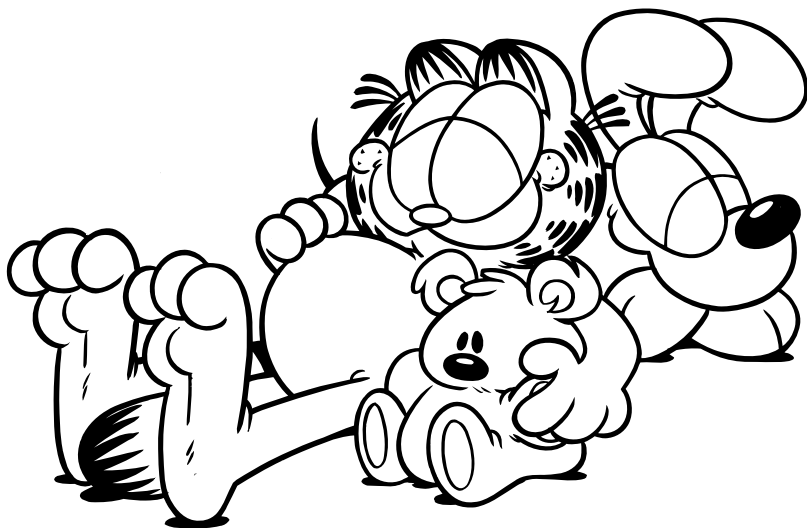


Garfield Sleep Team

Ready...

Set...

Relax!



SLEEP TIP #6

**Have some “quiet” time
before bed.**



Word up!

Are you awake enough
to find all the words in
the word search below?

SLEEP	NAP
DREAMS	BED
NIGHT	PILLOW
DARK	BLANKET
CLOCK	BEDTIME



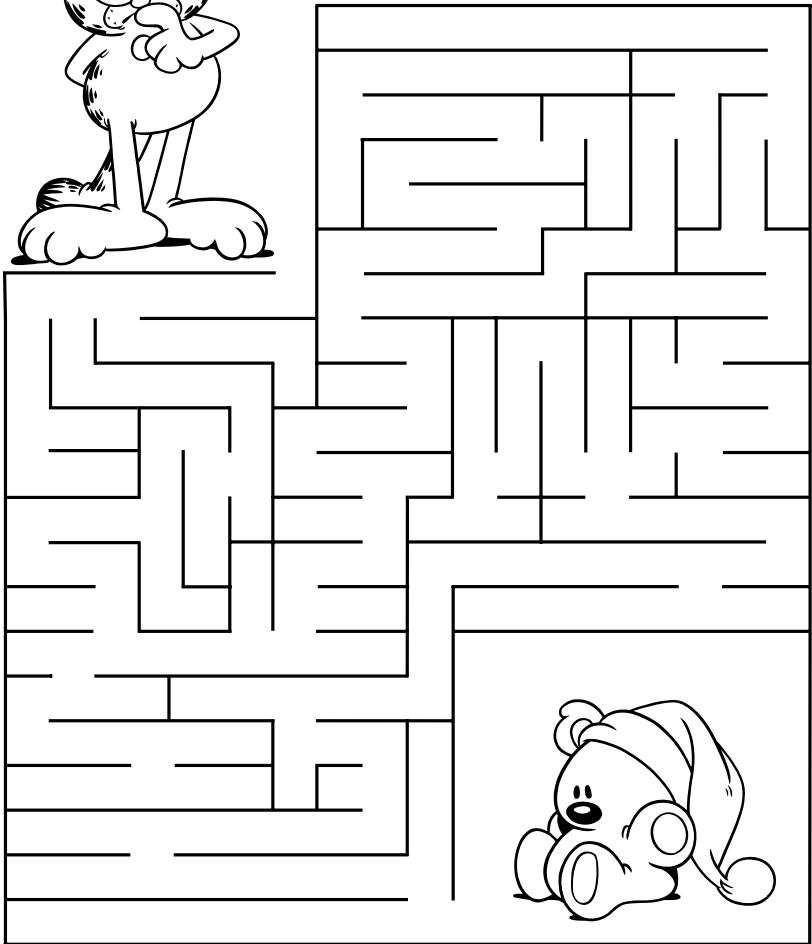
D	S	L	E	E	P	R	D	O	M
U	L	R	C	Y	I	M	R	E	K
N	I	G	H	T	L	W	E	N	S
P	O	B	T	F	L	E	A	V	B
O	N	A	S	J	O	X	M	R	L
E	M	D	U	C	W	L	S	I	A
H	N	A	P	E	D	V	I	R	N
B	K	R	E	S	C	L	O	C	K
E	I	K	B	E	D	T	I	M	E
D	H	O	Z	P	A	U	N	Y	T

SLEEP TIP #7

Make sure your bed and pillows are comfortable.



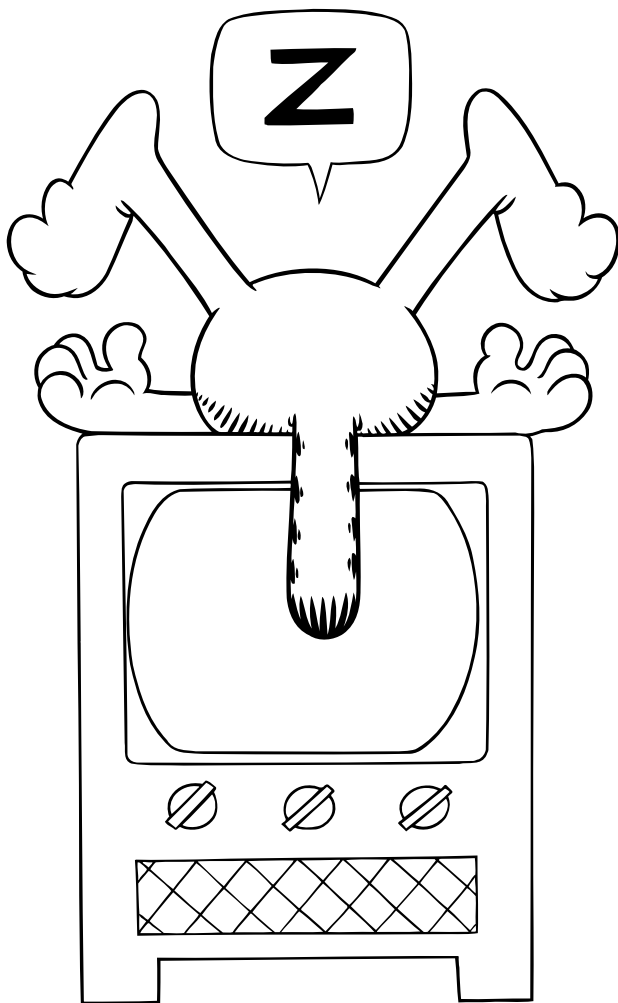
**It's time for beddy,
but Garfield needs his
teddy. Can you help him
find Pooky?**



The RIGHT way to sleep



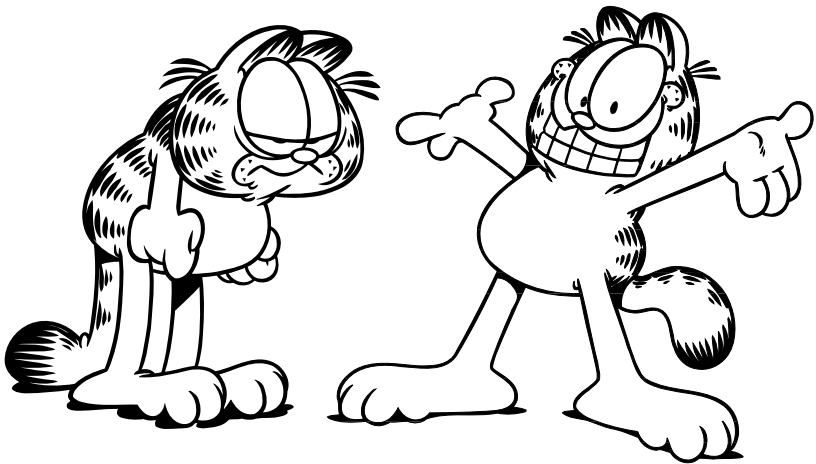
The **WRONG** way to sleep



**Getting enough sleep
lets you be your best
in whatever you do.**

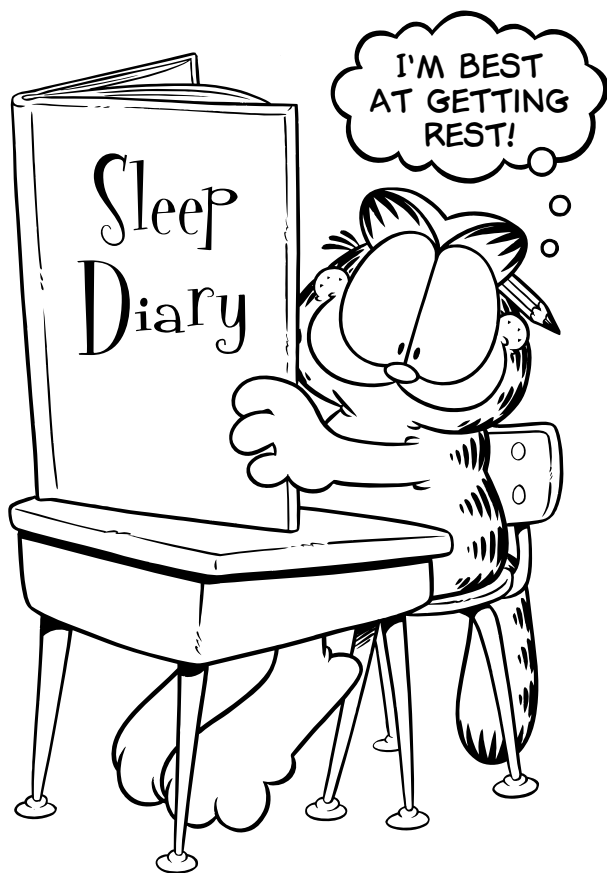


**Which Garfield didn't
get enough sleep?**



SLEEP TIP #8

Keeping a sleep diary helps you see how well you're sleeping and if you need more sleep.



Connect the dots to help Garfield get ready for bed.



Knock, knock!

Who's there?

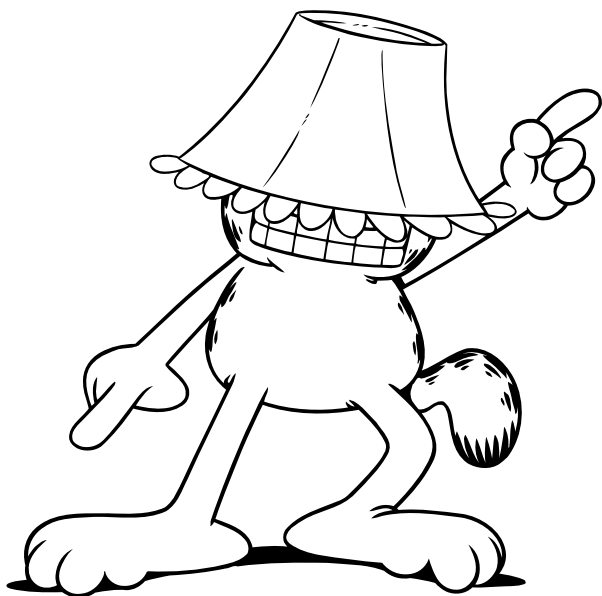
Juana.

Juana who?

Juana turn off the

light? I'm trying

to sleep!



**It's Garfield's bedtime.
Unscramble the words
below to find out what
he needs for a good
night's sleep.**

1. OLWIPL _____

2. NEBALKT _____

3. OPKOY _____

4. LTHIGINGTH _____

5. UTEQI _____

6. DBE _____



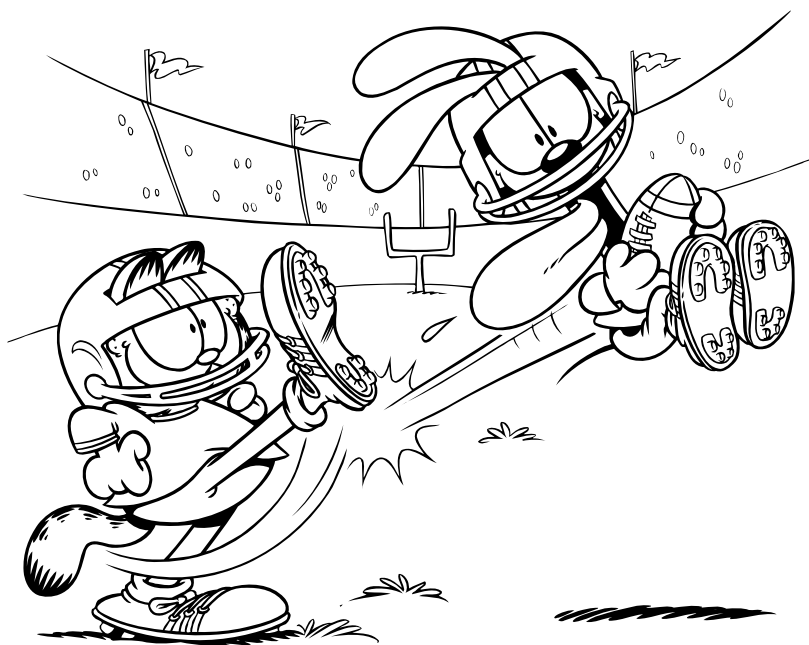
ANSWERS: 1. Pillow 2. Blanket 3. Pooky 4. Nightlight 5. Quiet 6. Bed

SLEEP TIP #9

**A warm bath before bed
can help you relax!**



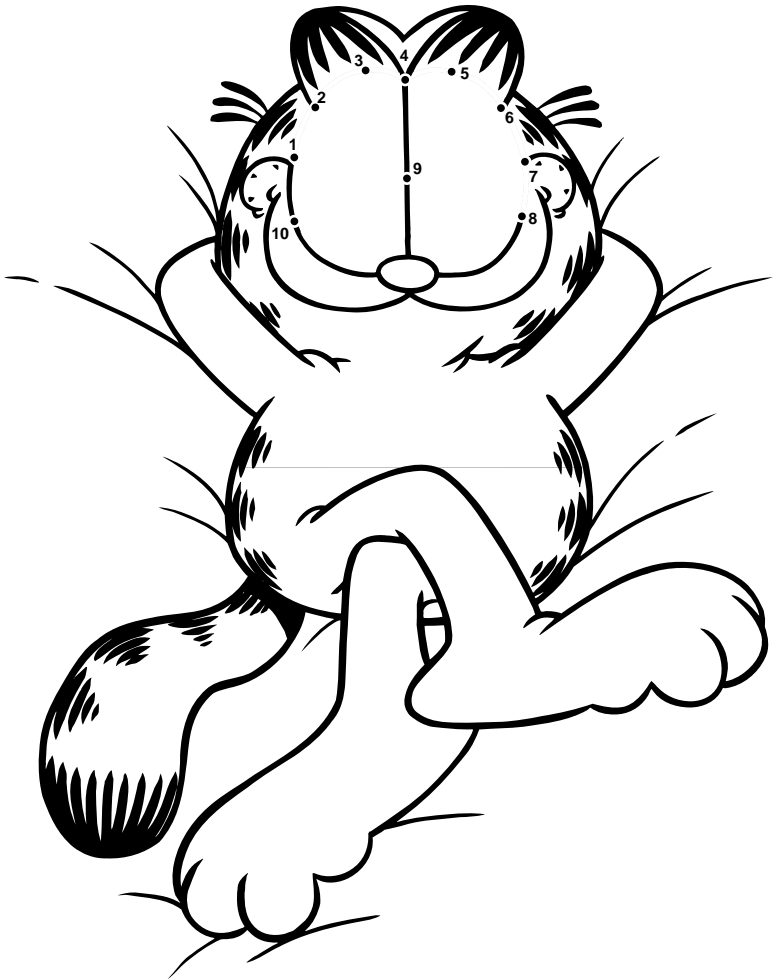
**Getting enough
rest will help you
play your best!**



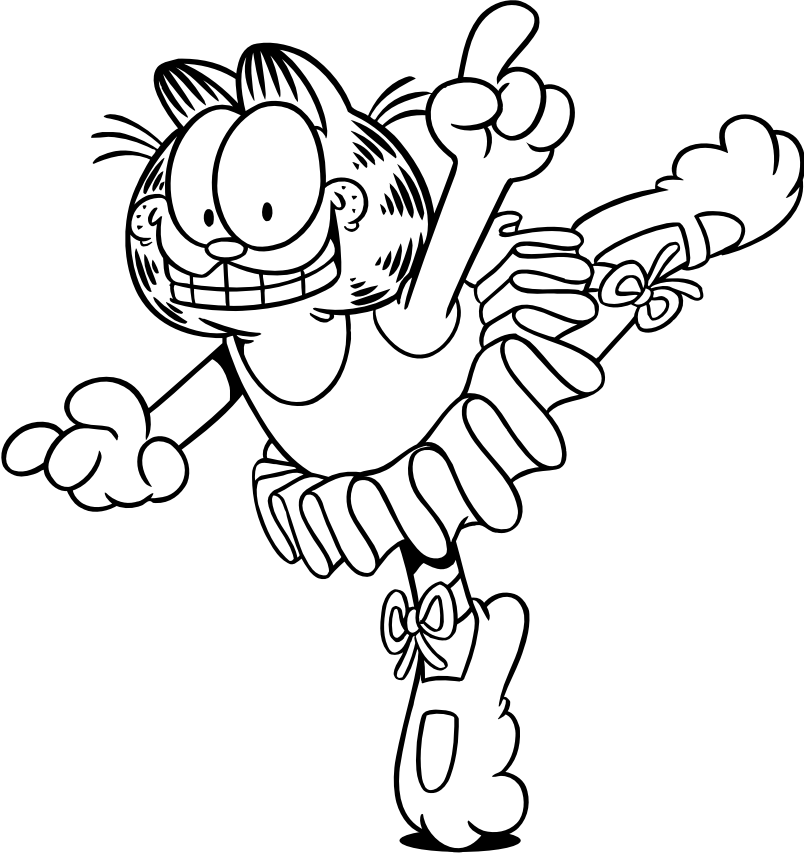
Sleep Diary

	M	T	W	T	F	S	S
BEDTIME LAST NIGHT							
RISE TIME THIS MORNING							
NUMBER OF HOURS I SLEPT LAST NIGHT							
HOW I FELT TODAY: 1 WIDE AWAKE 2 A LITTLE SLEEPY; NOT MY BEST 3 VERY SLEEPY; FIGHTING TO STAY AWAKE							

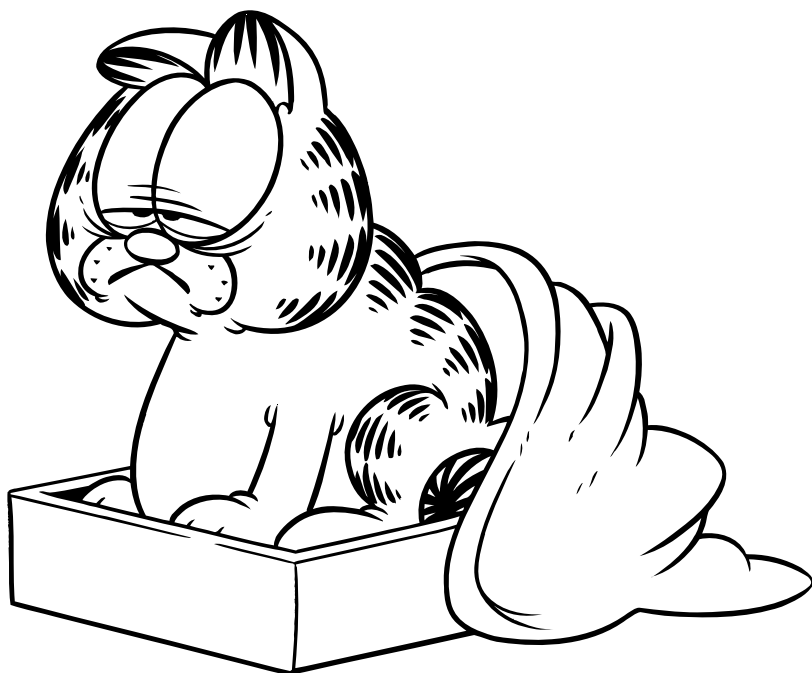
**Connect the dots to
find out if Garfield's
asleep or awake.**



**Getting enough sleep
will help keep you
on your toes!**



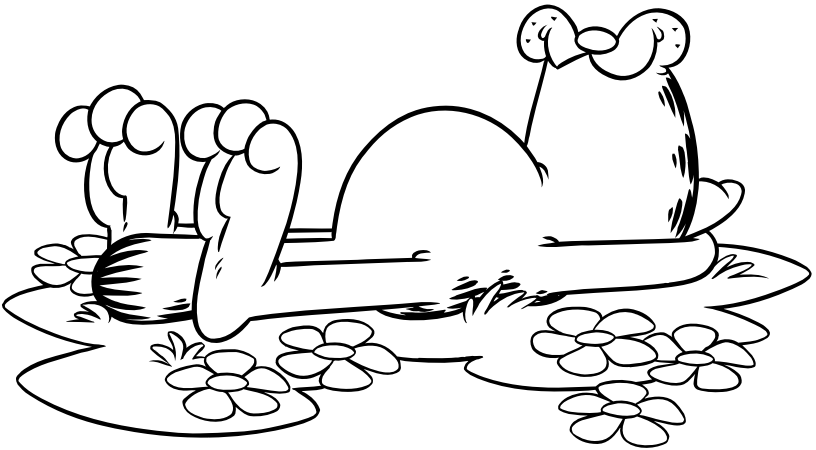
Knock, knock!
Who's there?
Dawn.
Dawn who?
Dawn go to bed
too late!



**Getting enough sleep
is a slam dunk!**



**What can
Garfield take but
not give back?**



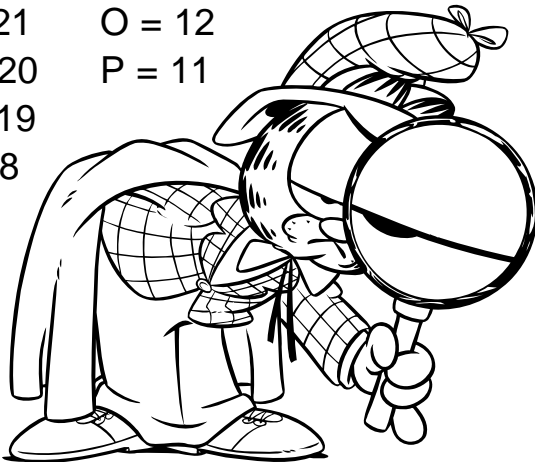
ANSWER: A nap

Secret Message

**Can you crack the code
and decipher the message?**

$\overline{8} \ \overline{15} \ \overline{22} \ \overline{22} \ \overline{11} \quad \overline{25} \ \overline{12} \ \overline{12} \ \overline{8} \ \overline{7} \ \overline{8}$
 $\overline{2} \ \overline{12} \ \overline{6} \ \overline{9} \quad \overline{25} \ \overline{9} \ \overline{26} \ \overline{18} \ \overline{13} \ \overline{11} \ \overline{12} \ \overline{4} \ \overline{22} \ \overline{9} \ !$

A = 26	J = 17	Q = 10	V = 5
B = 25	K = 16	R = 9	W = 4
C = 24	L = 15	S = 8	X = 3
D = 23	M = 14	T = 7	Y = 2
E = 22	N = 13	U = 6	Z = 1
F = 21	O = 12		
G = 20	P = 11		
H = 19			
I = 18			

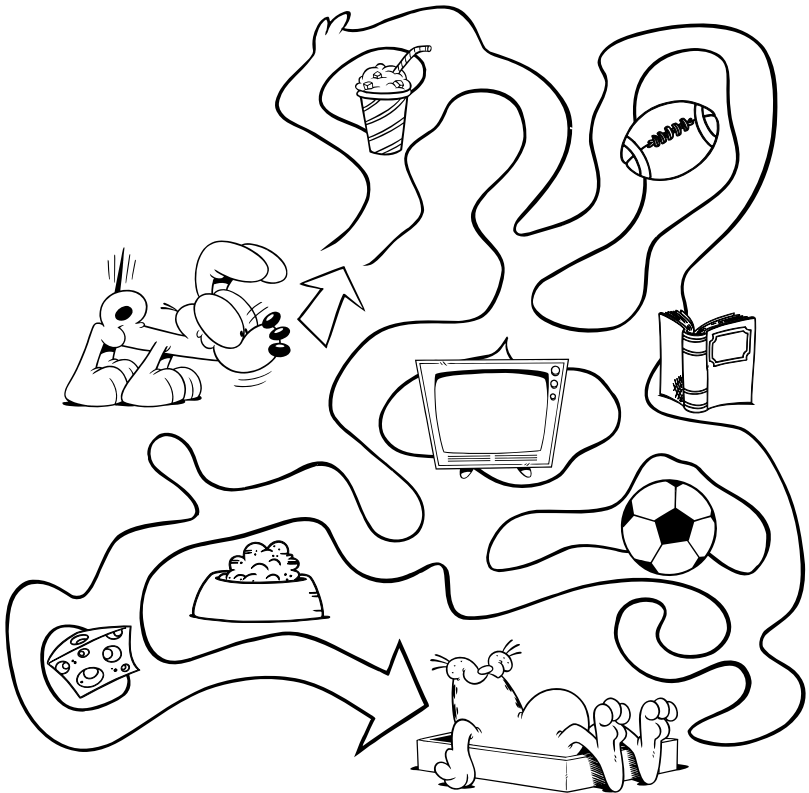


ANSWER: Sleep boosts your brainpower!

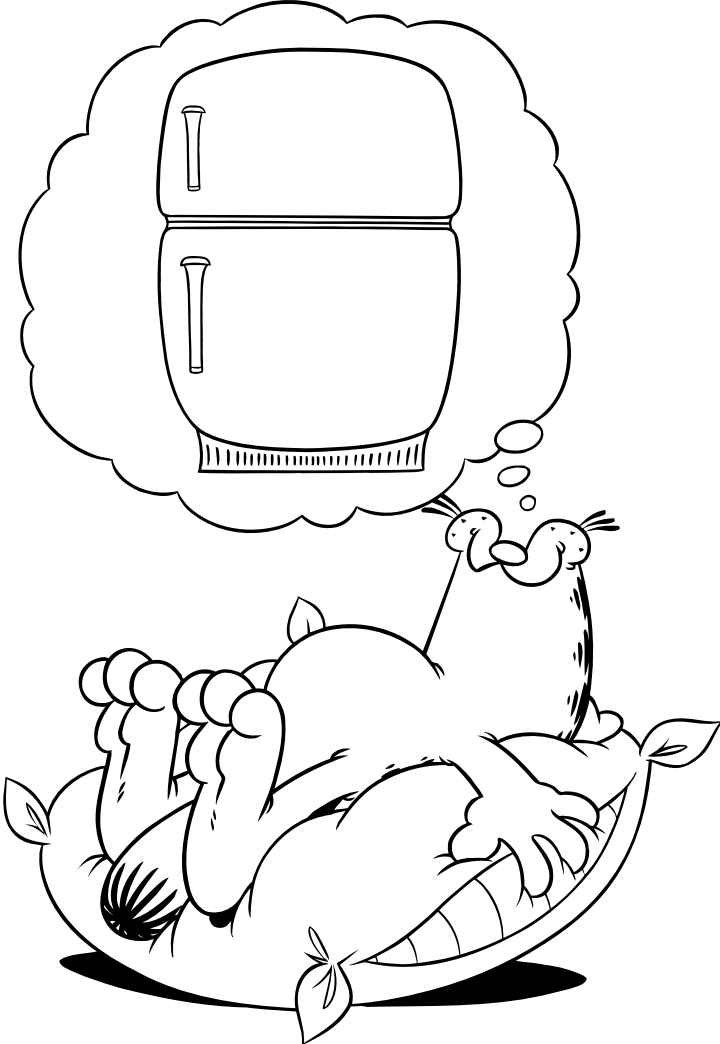
**You'll do better
on a test if you get
the proper rest.**



**Uh-oh! Garfield stayed up
too late and overslept!
Help Odie find the sleeping
cat and wake him up.**



**A comfy bed will help
you have nice dreams.**



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



**Some people, even kids,
can have problems sleeping.
Some sleeping problems are:**

- Loud snoring
- Trouble falling asleep
- Trouble staying awake during the day.



MIRROR MESSAGE

Look sharp!

**Hold this page up to
a mirror to
reveal the
special message.**



**Lack of sleep
makes you
pale and
confused.**

Knock, knock!

Who's there?

Tom.

Tom who?

Tom to go to bed!



GARFIELD'S SLEEP QUIZ

**Fill in the missing letters
to complete the sentences.**

1. Most kids need at least __ IN __ hours of sleep each night.
2. Make sure you sleep in a Q __ I __ T room.
3. Keeping a SL __ __ P DI __ __ Y helps you see how well you're sleeping.
4. Never sleep in a puddle of D __ G DR __ __ L!



The National Center on Sleep Disorders Research (NCSDR) in the National Heart, Lung, and Blood Institute was established to help improve the health of Americans through research, training, and education about sleep and sleep disorders.



**For more information, please write:
The NHLBI Health Information Network
P.O. Box 30105
Bethesda, MD 20824-0105**

**Or check out the NCSDR Web Site at
www.nhlbi.nih.gov/sleep**

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