

Name _____

Rest Your Way to a Better You: Sleep Hygiene Secrets

Multiple Choice Questions

1. What is the magic potion for your body and mind?

- a) Food
- b) Sleep
- c) Exercise
- d) Water

2. What is the benefit of having a regular sleep schedule?

- a) It makes your body tired
- b) It helps your body get used to a routine
- c) It makes your room dark
- d) It gives you more energy

3. Why should you avoid screens before bedtime?

- a) They can mess up your body's sleep signals
- b) They help you sleep better
- c) They make your room cooler
- d) They improve your memory

4. What can you do to relax before sleep?

- a) Play video games
- b) Take a warm bath
- c) Drink a lot of soda
- d) Watch a scary movie

5. How does sleep help your mood?

- a) It makes you grumpy
- b) It makes you impatient
- c) It makes you happier and more patient with others
- d) It makes you sad

