Name _____

Rest Your Way to a Better You: Sleep Hygiene Secrets

Short Answer

1. Name one tip for improving sleep hygiene mentioned in the passage.

2. Why is it important to avoid screens before bedtime?

3. How does sleep help with memory?

4. What should you do to make your bedroom a comfortable place for sleep?

5. Why is it essential to have a regular sleep schedule?

© ReadingDuck.com