Name _____

Rest Your Way to a Better You: Sleep Hygiene Secrets

Open-Ended Response Questions

1. How do you feel when you don't get enough sleep?

2. Can you share a personal experience where being well-rested helped you in some way?

3. What are some other activities you can do to relax before bedtime, besides the ones mentioned in the passage?

4. How can you encourage your friends or family to have better sleep habits?

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