

Name _____

Rest Your Way to a Better You: Sleep Hygiene Secrets

Short Answer Key

1. (Any of the mentioned tips, e.g., regular sleep schedule, cool and dark bedroom, no screens before bed, relaxing before sleep, limiting sugar and caffeine)
2. Screens can mess up your body's sleep signals and make it harder to fall asleep.
3. Sleep helps you remember things better, so you can do well in school. It consolidates and organizes information in your brain.
4. You should make your bedroom cool, dark, and comfortable by using curtains to block out light and keeping the room at a comfortable temperature.
5. Having a regular sleep schedule helps your body get used to a routine, making it easier to fall asleep and wake up at the same time each day.

