

Name _____

Rest Your Way to a Better You: Sleep Hygiene Secrets

Open-Ended Response Answer Key

1. Possible answer: When I don't get enough sleep, I feel tired, cranky, and sometimes even have trouble concentrating on my schoolwork.
2. Possible answer: Sure! One time, I had a big test at school, and I made sure to get a good night's sleep the night before. I felt more alert during the test, and I think it helped me get a better grade.
3. Possible answer: Some other activities I can do to relax before bedtime are reading a calming book, doing some light stretching, or practicing deep breathing exercises.
4. Possible answer: I can encourage my friends or family to have better sleep habits by setting a good example myself. I can also talk to them about the benefits of sleep and suggest that we create a bedtime routine together, like turning off screens and reading before bed.

