

What time do you normally go to sleep at night?  
(What time do you turn out the light?)



How many hours sleep should 8 year olds have?



How much sleep do you need? What do you notice about the answers?

baby



1-2



3-4



5-11



12-17



adult



8-10  
hours

9-11  
hours

7-9  
hours

11-14  
hours

14-17  
hours

10-13  
hours

How much sleep do you need? What do you notice about the answers?

baby



1-2



3-4



5-11



12-17



adult



14-17  
hours

11-14  
hours

10-13  
hours


9-11  
hours

8-10  
hours

7-9  
hours

Why might this boy have fallen asleep?





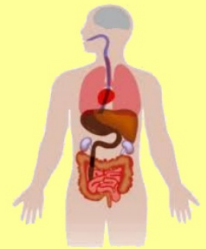
Why is sleep so important?

Your brain needs sleep so that:



- \* Your memory works well and you remember what you learn
- \* You can concentrate
- \* You can solve problems and work creatively.

Your body needs sleep so that:



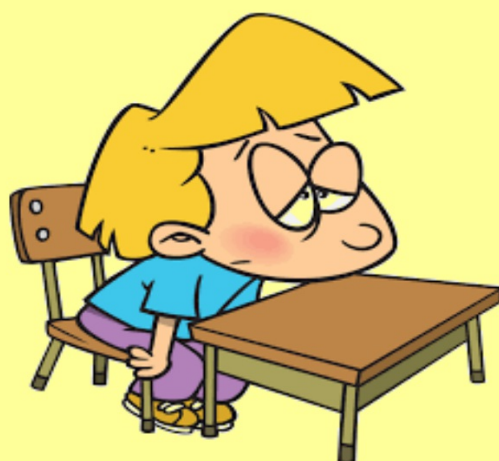
\* Your muscles, skin and bones can grow properly

\* It can repair injuries

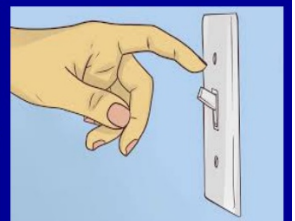
\* It can stay fit and fight off infections



How do you feel when you haven't had enough sleep?




# What is your bedtime routine?




# Tilly's bedtime routine



Do you always  
find it easy to  
fall asleep?



What  
stops you?