

Sleep Fact Sheet

Sleep Fact Sheet and Tip Commitment Handout

► **SLEEP!** "How much do we need?"

LIST AT LEAST 3 FACTS! _____

► **SLEEP!** "What does sleep do for us?"

LIST AT LEAST 3 FACTS! _____

► **SLEEP!** "Tips for a good night's sleep."

LIST A TIP YOU'RE CONSIDERING! _____

