

Year 5 Wellbeing Lessons: Spring Term

Sleep Hygiene	Answer
Time I go to sleep:	
Time I get up:	
Number of hours of sleep per night:	
My sleep distractions include:	
My transition to sleep	
An hour before I go to bed I...	
Half an hour before I go to bed I...	
Right before I go to bed I...	
What I should avoid before sleeping:	
Things which help me fall asleep:	

Pledge-What am I going to do differently starting tonight?


