

Name: \_\_\_\_\_

## SLEEP....ZZZZZZZZ

1. How much sleep do you think the age groupings below require?

AGE	PREDICTION	FACT
Babies (0-1 yr)		
1 to 4 years		
5 to 10 years		
10 to 18 years		
adult		
elderly		

Teens need more sleep than others because:

---

---

---

---

3. What are the signs that you may need more sleep?

---

---

---

---

4. What strategies can be used to help teens get more sleep?

---

---

---

---