

Sleep cards



S L E E P



sleep saying

**I will go back
to sleep in
time**



sleep saying

**We need
sleep to keep
us healthy**



sleep saying

**Sleep is
important**



sleep saying

I'll daydream
while I wait
for sleep again



sleep saying

**It's normal to
wake overnight.
I'll go back
to sleep**



sleep saying

**I'll be OK. I can
tolerate being
awake before
going back to sleep**



sleep saying





daydream prompt

**If I won a million
dollars I would...**



daydream prompt

**Imagine a day
spent
in Minecraft**



daydream prompt

**Think about your
next gaming
session...**



daydream prompt





sleep facts

**we feel sleepy
because our bodies
release melatonin
at night**



sleep facts

we have 5-6 sleep
cycles a night, of
about 90mins each



sleep facts

a sleep cycle

Stage 5 -

R.E.M.

dreaming

Stage 1 & 2 -

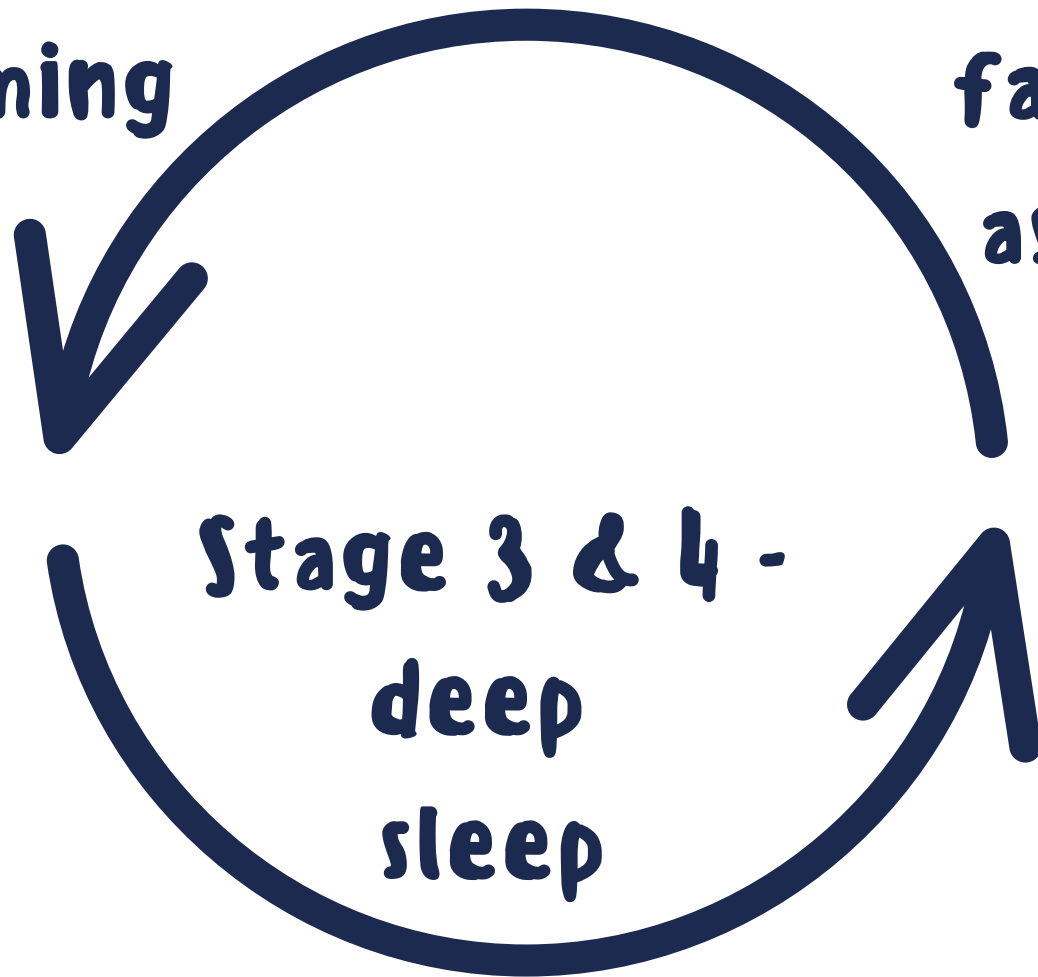
falling

asleep

Stage 3 & 4 -

deep

sleep





sleep facts

