

NAME..... DATE.....

!!!! SOLVING A SLEEP PROBLEM !!!!!

»» Write an article about the importance of a good night's sleep.

Include an example of a time you were having trouble getting enough sleep. If you can't think of a true example, make one up.

IN YOUR ARTICLE, BE SURE TO INCLUDE:

- 1 how many hours of sleep you need each night
- 2 at least two reasons why you need enough sleep
- 3 a description of two or more things that interfered with your sleep and why
- 4 an explanation of what you did to remove these things so you could get enough sleep
- 5 a description of how you felt after you were able to get enough sleep

[illegible]

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