WHAT KEEPS ME AWAKE WHEN I WANT TO SLEEP
CIRCLE OR DRAW AN 'X' THROUGH THE THINGS THAT KEEP YOU AWAKE

COFFEE
TELEVISION
TABLET
READING A BOOK
GETTING OUT OF BED IF I'M NOT SLEEPY
PAIN
COOL AIR BLOWING
DEEP BREATHING
CHOCOLATE

SWEET DREAMS!
WHAT KEEPS ME AWAKE WHEN I WANT TO SLEEP

**COFFEE + CHOCOLATE**
Coffee, chocolate, energy drinks, and many sodas all contain caffeine. Caffeine is a stimulant, meaning it keeps your body awake. Try drinking herbal tea, water, or milk instead.

**TELEVISION + TABLET**
The light from tablets and TV's is strong, and tricks your brain into thinking it's daytime. This makes it hard to sleep, even if you're tired! Turn these devices off one hour before bedtime, and never watch TV or use a tablet in bed.

**PAIN**
It's hard to sleep when you're in pain. Medication, stretching, and deep breathing can help reduce pain.

Going to bed at the same time every night, in a cool, dark room is the best way to build healthy sleep habits. If you have trouble falling or staying asleep, get out of bed and read a book or do breathing exercises until you feel sleepy.