

THE IMPORTANCE OF SLEEP



IMPORTANCE OF SLEEP

SLEEP MATH



NAME _____

Sheet 1

SLEEP

Sleep is extremely important for our growth and development. A child should get between 9 and 12 hours sleep each night.

What time do you go to sleep on a school night? _____

What time do you get up on a school day? _____

How much sleep do you normally get on a school night? _____

Use the sleeping animals guide to help you answer the questions below.

Which animal sleeps the most? _____



How many hours does a horse sleep? _____

How many hours does a lion sleep? _____



HORSE - 3 HOURS



ELEPHANT - 4 HOURS



DOLPHIN - 8 HOURS



SLOTH - 10 HOURS



PANDA - 12 HOURS



LION - 13 HOURS

SLEEP MATH

4 WORKSHEETS

GROWN UP

Math Worksheet Sleep Hacks Today

Puja Mehta



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