

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? _____



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NAME _____

Just like humans, animals also need sleep in order to develop and - Different animals require different amounts of sleep.



HORSE - 3 HOURS



ELEPHANT - 4 HOURS



DOLPHIN - 8 HOURS



SLOTH - 10 HOURS



PANDA - 12 HOURS



LION - 13 HOURS

SLEEP MATH

4 WORKSHEETS

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222 Ways to Trick Yourself to Sleep Kim Jones, 2019-03-14 Wide ranging backed by science and research informative and easy to understand this is a great book for the sleep deprived Lisa Artis The Sleep Council When was the last time you had a proper night's sleep In today's fast paced non stop world research by the UK's Sleep Council has found that almost a third of us don't get enough sleep most nights Insomnia can wreak havoc on everyday life leaving us feeling exhausted irritable and unwell Lack of sleep has also been linked to a whole host of long term chronic conditions including Type 2 diabetes heart disease stroke high blood pressure obesity and depression But don't despair help is at hand This book is packed with easy to read and simple to follow tips as well as some weird and wonderful tricks all gathered from expert scientific research that will help you fall asleep and stay asleep You may be surprised to learn that everything from having a purpose in life to warming your feet from what you eat through the day to how you breathe from how much time you spend outdoors to reframing your thoughts and mindset can all help you get a better night's rest A good night's sleep can help change your life for the better and this book will help you to achieve it

The Wharton's Back Book Jim Wharton, Phil Wharton, 2003-08-23 Describes a method of reducing pain and back injury that has been used by celebrities Olympic medalists and other sport figures

Mathematics for the Elementary School: Geometry, Kindergarten, 1963

Boot Camp for Your Brain M. Denmark Manning, 2014-02-06 Do you need to do better on the SAT The comprehensive material in this book honed by years of actual results can help you significantly improve your composite score No gimmicks just time tested techniques that were previously available only to students of The World's Best Prep Course Inc Put them to work for you and achieve the score you need to get into the college of your choice

Joy Prescriptions Tiffany Moon, 2025-05-06 Doctor by day and Bravo's Real Housewife by night Tiffany Moon has a prescription for releasing perfectionism and finding joy A must read for anyone seeking more balance purpose and joy at home and at work Barbara Corcoran As a self proclaimed good girl Tiffany was a people pleaser and an A student fitting into the roles that were prescribed by her Chinese American family As a lifelong overachiever she accomplished a thriving career as an anesthesiologist Yet Tiffany felt unfulfilled She spent more time at work than at home with her family didn't know how to say no to anyone and was governed by perfectionist standards In Joy Prescriptions Tiffany shares her journey to reconnect with herself In order to feel whole she had to drop the perfectionist trope and focus on rediscovering who she was Tiffany abandoned other people's expectations and ultimately discovered how to live for her true self She put herself first and embraced more creativity and laughter Taking surprising chances on herself she started a candle business starred on a reality TV series tried her hand at stand up comedy and became a social media influencer Joy Prescriptions is a must read if you want to add more spark and joy to your life Tiffany offers a healthy dose of introspection and healing that will release you from the constrained expectations of others and inspire you to design a joyful life that is more authentically you Tiffany's hard earned wisdom and heartfelt stories

remind us that true wealth is all about creating a life that feels rich in every way Vivian Tu New York Times bestselling author of *Rich AF* **The Pet War** Allan Woodrow, 2013-10-29 THE PET WAR is a hilarious story about the timeless battles of dog vs cat brother vs sister know it all vs know nothing Eleven year old Otto wants a dog His twelve year old perfect sister Lexi wants a cat Their mother who works very long hours as a nurse wants neither Pets are expensive so who s going to pay for everything And what happens to the pet when the siblings are at their dad s for the weekend Otto has an idea What if he got a job and earned enough money to pay for the dog Then Lexi has to open her big mouth She proposes that whichever sibling can raise enough money first will decide which pet they get Oddly enough their mom and dad agree With Otto and Lexi each out to defeat the other their business plans become more elaborate and involved As the competition gets fiercer the stakes get higher and the battle lines have been drawn so let the Pet War begin *The Silo Effect* Gillian

Tett, 2015-08-27 Ever since civilised society began we have felt the need to classify categorise and specialise It can make things more efficient and help give the leaders of any organisation a sense of confidence that they have the right people focusing on the right tasks But it can also be catastrophic leading to tunnel vision and tribalism Most importantly it can create a structural fog with the full picture of where an organisation is heading hidden from view It is incredibly widespread the chances are these silos are rife in any organisation or profession whether your business or your local school or hospital Across industries and cultures as this brilliant and penetrating book shows silos have the power to collapse companies and destabilise financial markets yet they still dominate the workplace They blind and confuse us often making modern institutions act in risky silly and damaging ways Gillian Tett has spent years covering financial markets and business but she s also a trained anthropologist having completed a doctorate at Cambridge University and conducted field work in Tibet and Tajikistan She s no stranger to questioning the assumptions and practices of a culture Those in question financial trading desks urban police forces surgical teams within medical clinics software debuggers and consumer product engineers have practices and rituals as ordered and intricate as those of any far flung tribe In *The Silo Effect* she uses an anthropological lens to explore how individuals teams and whole organisations often work in silos of thought process and product With examples drawn from a range of fascinating areas the New York Fire Department and Facebook to the Bank of England and Sony these narratives illustrate not just how foolishly people can behave when they are mastered by silos but also how the brightest institutions and individuals can master them *The Silo Effect* is a sharp visionary and inspiring work with the insight prescriptions and power to remove our organisational blinders and transform the way we think for the better *A Practical*

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