

# SLEEP HOMEWORK PROJECT:



1. Choose some tips from the “SLEEP TIPS” section below that would most help -you- get more sleep.

*Tips for a Good Night's Sleep:*

1. Try to have a set time for bed.
2. Have a relaxing routine.
3. Try drinking a glass of milk (tryptophan).
4. Discipline yourself-quit what you're doing + go to bed!
5. Avoid: caffeine too close to bed.
6. Avoid: exercise too close to bed.
7. Avoid: playing video games too close to bed.
8. Avoid: eating or drinking too close to bed.
9. Avoid: pets that keep you awake (Interrupts REM sleep).
10. Avoid: napping too long.

2. Think of a **creative and clever** way to write those tips and write them on something that you could display in your own room to remind you to get more sleep.

Personalize it with pictures, photos, etc. (Make it awesome enough that I believe you'll actually use it!!)

Here are some ideas for this project:

- decorate a shoe box
- decorate a shoe or t-shirt or other object to hang
- paint a rock "artwork"
- paint each tip on a shell scrapbook
- write tips like a C.D. case cover plates
- hang tips on a hanger
- pillow case
- decorate your alarm clock
- vase or cup
- origami
- dream catcher
- decorate your mirror, wall, or paint your door (you'll have to show me a picture of it for credit!)

no posters allowed!

- make a key chain
- make a mobile
- make a tips
- make a small
- decorate paper
- decorate a
- write tips on a



-make a cube with a tip (and pictures) on each side (like a photo cube

