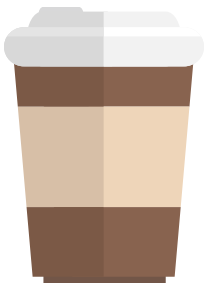
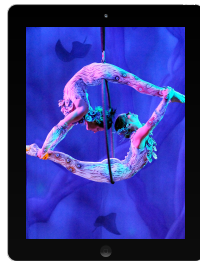


WHAT KEEPS ME AWAKE WHEN I WANT TO SLEEP

CIRCLE OR DRAW AN 'X' THROUGH
THE THINGS THAT KEEP YOU AWAKE



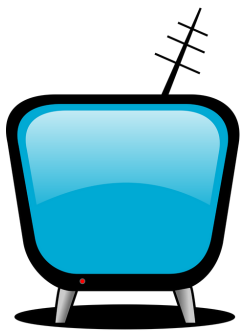
COFFEE



TABLET



GETTING OUT OF BED
IF I'M NOT SLEEPY



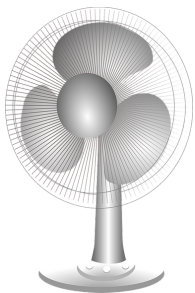
TELEVISION



READING A BOOK



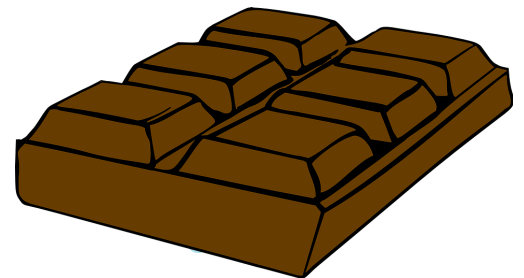
PAIN



COOL AIR BLOWING



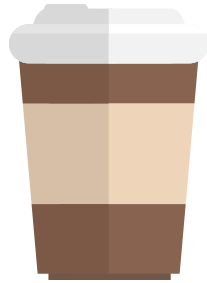
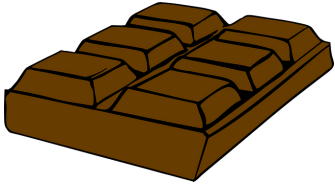
DEEP BREATHING



CHOCOLATE

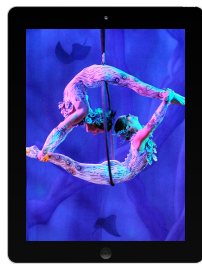
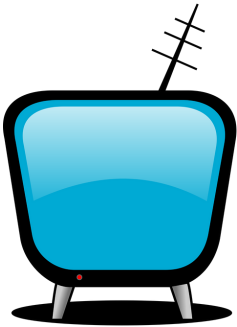
SWEET DREAMS!

WHAT KEEPS ME AWAKE WHEN I WANT TO SLEEP



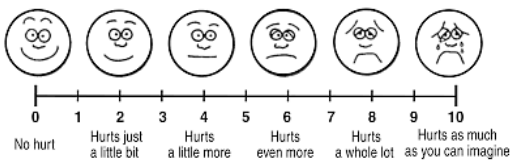
COFFEE + CHOCOLATE

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



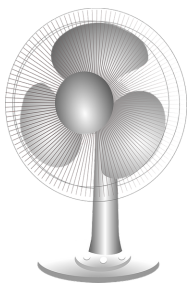
TELEVISION + TABLET

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.