

*Healthy*  
- LIVING -



## Making Sleep



Do you go to sleep at the same time every evening?  
If you don't, this could be one of the reasons why you are struggling to get a good night's sleep.

Like we have an alarm to wake us up in the morning, set an alarm for when it's time for you to go to sleep.

Sticking to this time (even on weekends!) will help you develop a routine, which could then help you get that good quality sleep that your body needs.

[Check how much sleep you're getting](#)

Most kids between the ages of 5 and 12 need 10 to 11 hours of sleep each night.