

# What Do You Need to Get a Good Night's Sleep?

When you go to bed, what helps you to sleep well?

Think about the last time you had a good night's sleep.

What happened? Did you go to sleep quickly, stay asleep all night and wake up feeling full of energy?

Think about what might have helped you to get such a good night's sleep and write them in the stars below. There are some examples included to help you get started.

