

Sleep Habits Sorting

Name: _____ Date: _____

Directions: Cut out the pictures at the bottom. Glue the good sleep habits in the "Good Hygiene" box and the bad habits in the "Poor Habits" box.

GOOD SLEEP HYGIENE  	POOR SLEEP HABITS  





Reading a Story



Watching TV



Brushing Teeth



Eating Sugar



Playing Tablet



Cuddle Toy



Loud Noises



Warm Bath