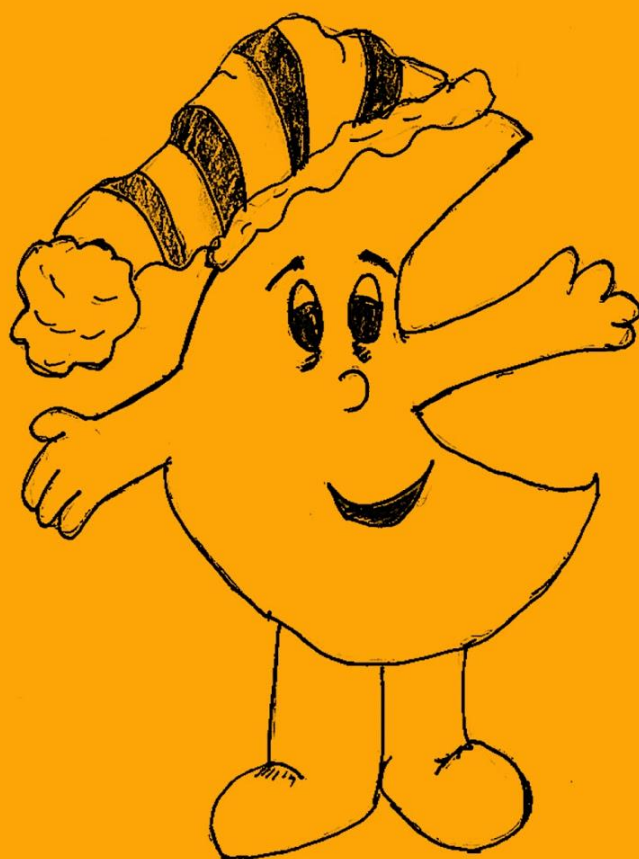


A GUIDE TO A  
GOOD NIGHT'S SLEEP



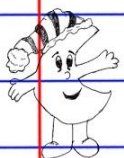
BY MISTER  
KIP



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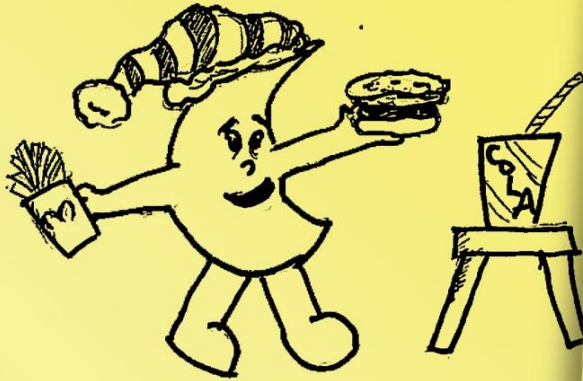
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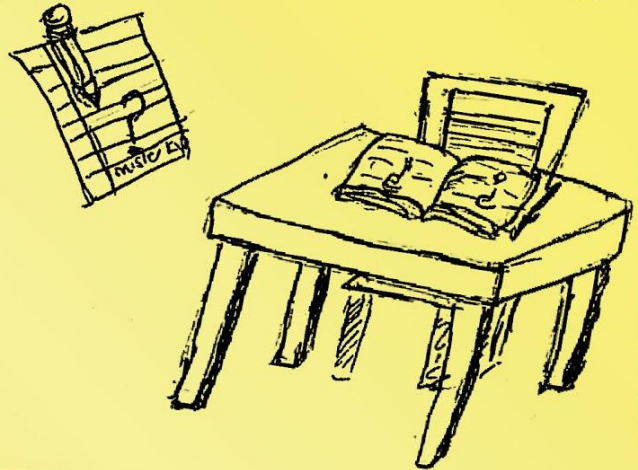


# Mister Kip's poor sleep

Eating fast food and sugary drinks



Not doing homework until late



Using technology until late

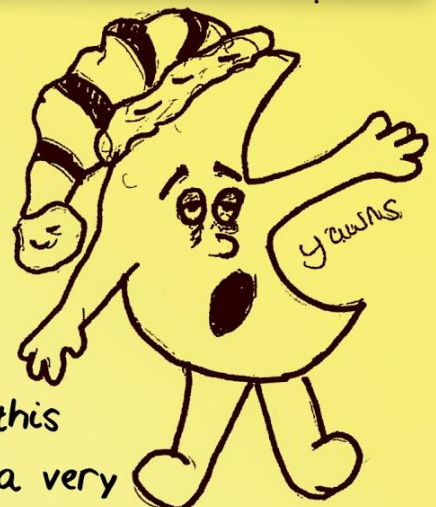


Sleeping during the day

Having a messy room with a light on and it being too hot or cold

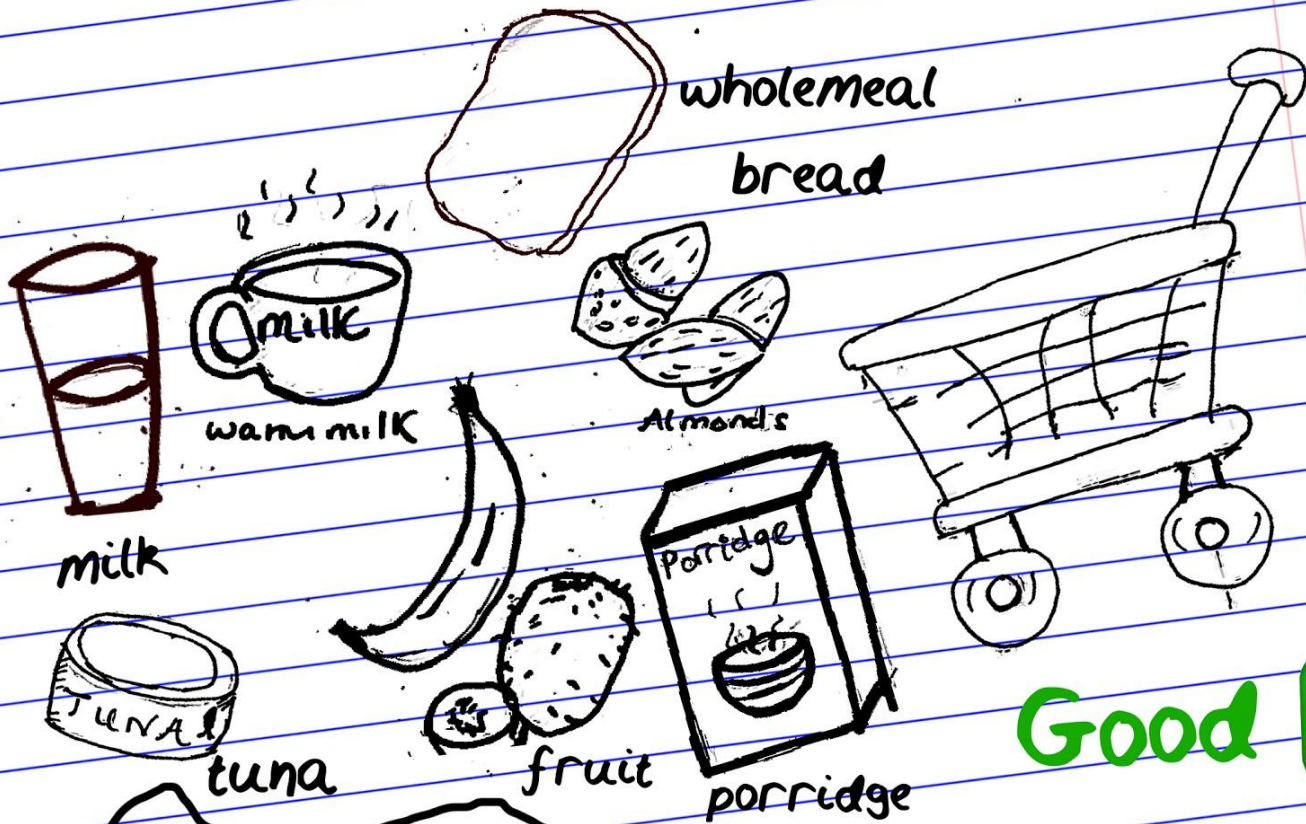


All of this makes a very tired Mister Kip!

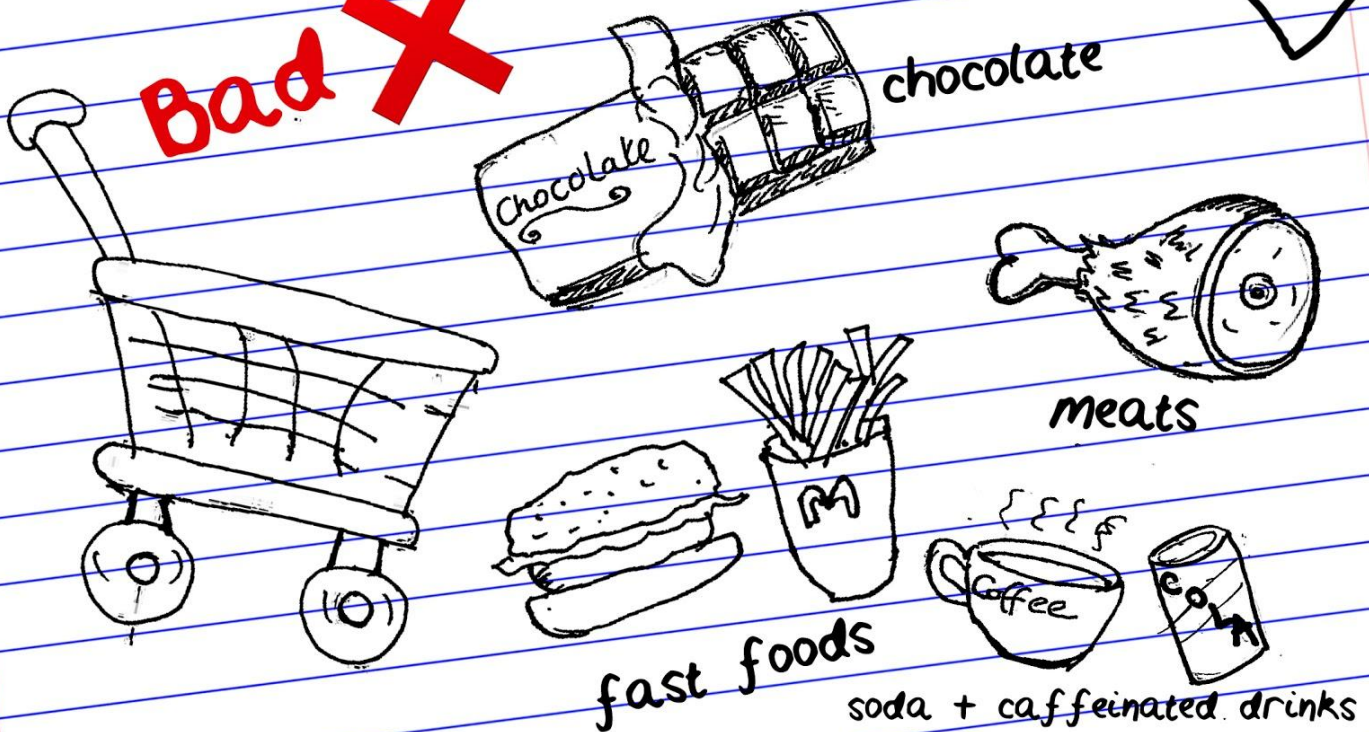




# GOOD AND BAD FOODS



Bad X



MISTER KIPS GUIDE TO:  
**WHY SLEEP'S  
IMPORTANT**



Mister Kip's Body Needs Sleep so his:

- Muscles, bones and skin can grow
- Muscles, skin and other parts can fix injuries
- Body can stay healthy and fight sickness
- Sleep renews and strengthens the body to help keep

Mister Kip Healthy



Sleep helps:

Concentration

School performance

Thinking

Decision making

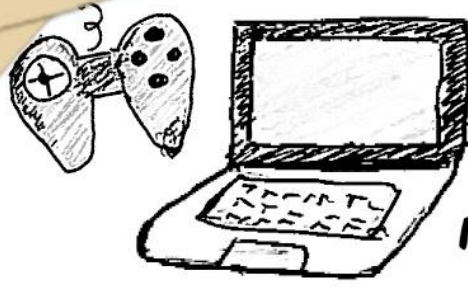
Behaviours

Giving enough energy for the day





# Mister Kips Advice for a Good Nights Kip/Sleep



Develop a good  
routine for sleep

Avoid playing  
computer games  
and going on  
your phone

'Focus on the  
positives from the  
day'  
- Daniel, age 16

## Did you know?

The brain produces a hormone  
called Melatonin that helps a  
person sleep!



Go to bed and  
wake up at the  
same time



Have a  
temperature  
sleeping



Have a dark and comfortable bedroom space



Stay away from heavy meals 3 hours before bed



Do activities that help you relax



Avoid drinking energy drinks/caffeine drinks



Keep bedroom clean and for sleeping in



Your Guide to How Much Sleep is recommended:

6yrs - 13yrs = 9- 11 Hours

14yrs - 17yrs = 8 - 10 Hours

18yrs - 25yrs = 7 - 9 hours

National Sleep Foundation

good  
re for  
ng



# TOP TIPS FROM YOUNG PEOPLE



"I listen to music and have a diffuser to help me relax"  
- Shannon, 16

"Always keep your bedroom clean and tidy because it makes you have more of a positive mindset about that space and it will be a place you actually want to sleep in"  
- Rebecca, 14

"Put your phone at the opposite side of the room so you are less tempted to use whilst in bed"  
- Lucy, 15

"Have a lamp on whilst in your bedroom!"  
- Sarah, 15

"Read a book instead of using technology before bed"  
- Jay, 12

"Put lavender oil on your pillowcase"  
- Jay, 12

"Do your homework when it is set"  
- Lucy, 15

"Have a routine and stick to it!"  
- Trish, 13

"Don't go on your phone less than an hour before bed"  
- Jacob, 12

"Go to sleep early"  
- Kyle, 16

"If you sleep the right amount you are feeding your brain the right necessities and will therefore be more productive tomorrow"  
- Adila, 16

"Listen to ASMR and use a sensory light"  
- Jamie-Lee, 15

"Have a bath and go straight to bed, it helps me relax"  
- Michael, 13

"Don't have caffeine and sugar just before bedtime!"  
- Sarah, 15

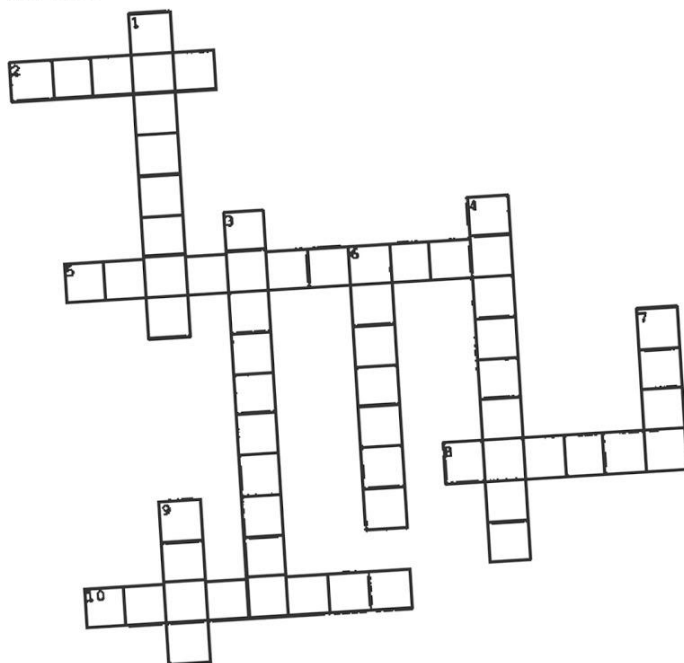




# CROSSWORD + QUIZ



**How much do you know about Mister Kip and Sleep?**  
Complete the crossword below using the facts and tips throughout the comic.



## Across

2. 30 minutes before bed Mister Kip should ensure he does activities that enable him to \_\_\_\_\_
5. Mister Kip's brain needs sleep to \_\_\_\_\_, pay attention and learn.
8. A full night's sleep helps Mister Kip stay active all day by giving him enough \_\_\_\_\_
10. Mister Kip should try to avoid \_\_\_\_\_ close to his bedtime

## Down

1. 3 hours before bed Mister Kip should stay away from \_\_\_\_\_ and heavy meals
3. Mister Kip should avoid using \_\_\_\_\_ at least 30 minutes before bedtime
4. Mister Kip's brain makes a chemical, that makes him sleepy called \_\_\_\_\_
6. It is important that Mister Kip has a daily healthy bedtime \_\_\_\_\_
7. To help Mister Kip's muscles and bones grow to keep him healthy, sleep renews and strengthens his \_\_\_\_\_
9. Mister Kip's sleep environment should be \_\_\_\_\_ and comfortable

- 1. How many hours sleep do people aged 13-18 years need?**  
a. 5-7 hours b. 10-12 hours c. 8-10 hours
- 2. Sleep is essential for.....**  
a. Our brain to store memories b. our muscles and bones to grow c. both of these
- 3. Which of the following is the best bedtime routine?**  
a. Have a bath, drink warm milk and read a book.  
b. play video games, watch TV in bed.  
c. Run around the house and eat a large snack.
- 4. When you get enough sleep...**  
a. Pay attention better in school b. concentrate and remember what you have learnt  
c. both of these
- 5. When going to sleep it is important your room is....**  
a. Hot, light and tidy b. cold, dark and messy c. warm, dark and tidy

Eating foods that  
promote good sleep

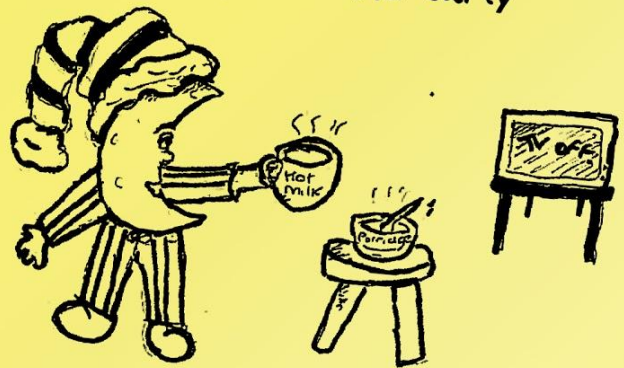


# Mister Kip's good sleep

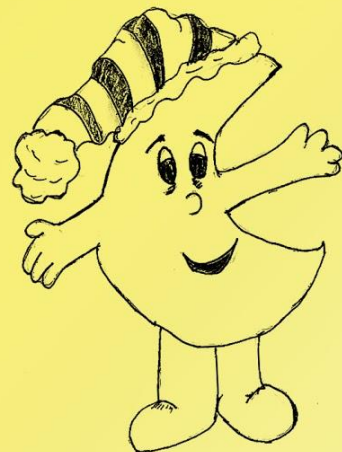
Having a bath before bed and  
getting into PJs



Having a warm drink and turning  
off technology nice and early



Having a tidy room with the  
lights off at a good temperature



This makes Mister Kip well rested  
and gives him good nights sleep



# COLOURING PAGE



