

THE SLEEP CARD GAME - These cards show matching pairs of actions. One action in each pair helps you get sleep. The other action can keep you from good sleep. Print this sheet of cards. Cut them out along the lines. Shuffle the cards and turn them face down. Each player picks up two cards. If the cards match, the player keeps the pair. If they don't match, replace the cards. The player with the most matched pairs wins!

<p>1+ Drink a glass of milk before bed</p> 	<p>1- Eat a large snack before bed</p> 	<p>2+ Read a book in bed</p> 	<p>2- Watch TV in bed</p> 
<p>3+ Run and play outside</p> 	<p>3- Play video games during the day</p> 	<p>4+ Drink a glass of juice</p> 	<p>4- Drink a caffeinated soda</p> 
<p>5+ Go to bed on time</p> 	<p>5- Go to bed very late</p> 	<p>6+ Have a dark, quiet bedroom</p> 	<p>6- Have a bright, loud bedroom</p> 