



Miss Panda's Books

Sleep



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Miss Panda's Books

Miss Panda's Books Series helps children learn about plants, animals, and how to care for them. We teach the basic traditional knowledge of being self-sufficient by growing your own food and making healthy choices. Each book in every set will educate your child on a subject related to the set topic, and you can find a fun craft idea on the last page. We hope these books will bring your children wisdom and joy!

Every living thing sleeps. We only need about eight hours of sleep each day, but some animals sleep 20 hours a day!



Sleep helps our brains remember what we learned and concentrate. It also helps us grow, heal, and stay healthy.



Do you dream when you sleep? Dreams happen during R.E.M. (rapid eye movement). Some dreams are good, some don't make sense, and some can be scary. Dreams can be from how we feel, what we fear, or what we are excited about.



Do you have trouble falling asleep or staying asleep? Here are some tips to help you get a good night's sleep.

- Sleep in a dark room.
- Read a book before bed.
- Take a bath before bed.
- Write in a journal to help clear your mind.
- Go for a walk before bed.
- Go to bed at the same time each night.



A Good Night's Sleep Activity

Supplies:

- Bubble bath
- Pajamas
- Book
- Soft Music
- Night light, if needed

Directions:

1. Get ready to have the best sleep ever! First, take a small walk with a grownup. You can do this after dinner.
2. Take a warm bath. Lavender essential oils are great to add to your bedtime bath.
3. Put on pajamas, and pick out your favorite book. Read the book, or follow along with a grownup.
4. Have a grownup put on quiet, soft music, like classical or piano music.
5. Turn off all the lights, except for one dim nightlight, if needed.
6. Close your eyes and think of the most wonderful place in the world, wherever you imagine that is, perhaps a beach or park.
7. You will drift off before you know it, and wake up refreshed!