

Math Test
Tomorrow!

$$\begin{array}{r} 25 \\ + 52 \\ \hline 77 \end{array}$$
$$\begin{array}{r} 77 \\ - 52 \\ \hline 25 \end{array}$$


Zeep's teacher said, "Going to bed too late makes it harder to learn and to be wise."

She also said, "A lack of sleep makes it more difficult to get out of bed and arise."

Zeep has difficulty waking up and repeatedly hits the snooze alarm to sleep five minutes more.

Zeep doesn't think clearly in the morning and has trouble getting out the door.





Did you know that getting less sleep makes it more difficult to pay attention and to learn?

Teacher's say this is a big problem and is a cause for concern.

Zeep only goes to sleep when he cannot keep his eyes open anymore.

His parents tell him to go to bed, but their warnings he ignores.



Zeep frequently begs to stay up just a little while longer.

Do you think Zeep realizes that sleeping less makes it harder for him to grow bigger and stronger?

It is very important to get the proper amount of sleep each night.

Did you know that an extra hour of sleep can make the difference between being relaxed and calm rather than being uptight?



Have you ever insisted that you weren't tired or ready to go to sleep?

Not getting enough sleep could make you cranky which is what happens to Zeep.

Some of us are scared to go to sleep because we're afraid of the dark and being alone.

Knowing that our family is close by should give us the confidence to go to bed on our own.