

# Checklist for Sleepy Children

If you tick any of these, you might not be getting enough sleep

**Do you...**

**I DO!**

Find it hard to wake up in the morning?

Get bad tempered, feel cross and angry – especially in the afternoon?

Fall asleep sometimes if you are sitting quietly?

Sleep much longer at the weekend than you do during the week?

Sometimes feel very sad and even start to cry – but you don't know why?

Sometimes feel very tired all day and have no energy?

Find it hard to pay attention at school?

Have a nap when you get home from school?

Sometimes find it difficult to be well behaved?