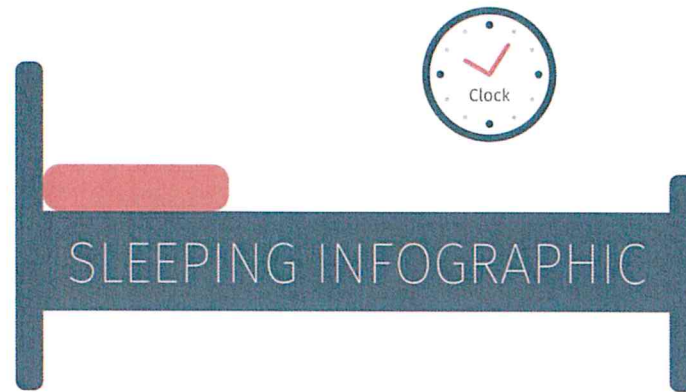
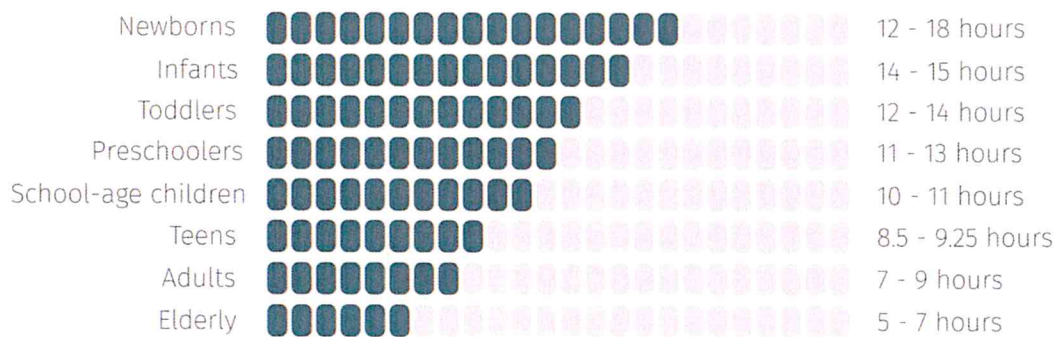


9. How much sleep do you need every day? Answer the questions.



HOW MUCH SLEEP DO WE REALLY NEED ?



- How many hours do toddlers need? _____
- Do teens need more sleep than adults? _____
- Which group needs the most sleep? _____
- How many hours do school-age children need?

- Which group needs the least amount of sleep?

- According to the chart, how much sleep do you need?

- Do you get the right amount of sleep? Explain.
