

B	I	N	G	O
Sleep builds up my immune system!	Cough cough cough...	I can't sit still!	I'm sick...	I need 9-11 hours of sleep per night
Growing body! Growing Brain! I need sleep!	Same bedtime every night!	I won't get sick as much!	Dream	I'm less moody!
REM - Rapid Eye Movement	Sleep recharges my batteries!	FREE	Feed me!	I feel tired...
I have a strong body	Learning is easier and fun!	I have no energy	I feel cranky...	I wake feel rested instead of tired.
I feel blah...	Gee I can't Remember!	I'm confused...	When I sleep my body heals itself!	I can't concentrate!

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