'Dear Sleepy' – Life Orientation assessment task, Grade 6

Read the letter below. Use the information you have learnt about tips to help you sleep to write a reply with practical tips to use. You have to include at least 5 practical tips. Reply to 'Yawning in Yellowstone'.

Dear Sleepy,

I'm exhausted, so I hope you have some good advice for me. It's been taking me forever to fall asleep once I get in bed. I toss and turn for hours. Then by the time I fall asleep, I'm only sleeping for z or 3 hours before it's time for me to get up for school. What should I do to get a better night's sleep?

Sincerely, Yawning in Yellowstone

