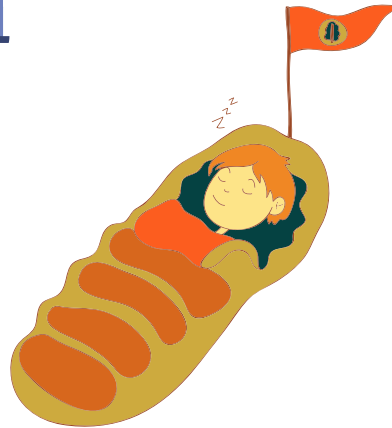
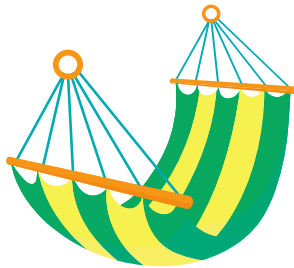
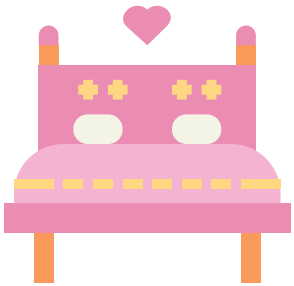
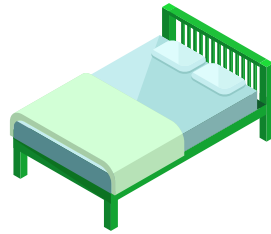
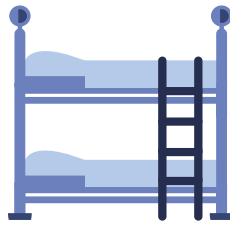
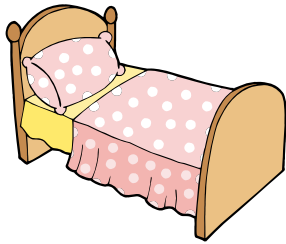


Which bed would you choose?  
Draw a circle around your favourite.



Write down three things you are going to do  
this week to help you get a good night's sleep.

1.

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2.

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3.

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Design your perfect duvet cover by colouring the picture below.

