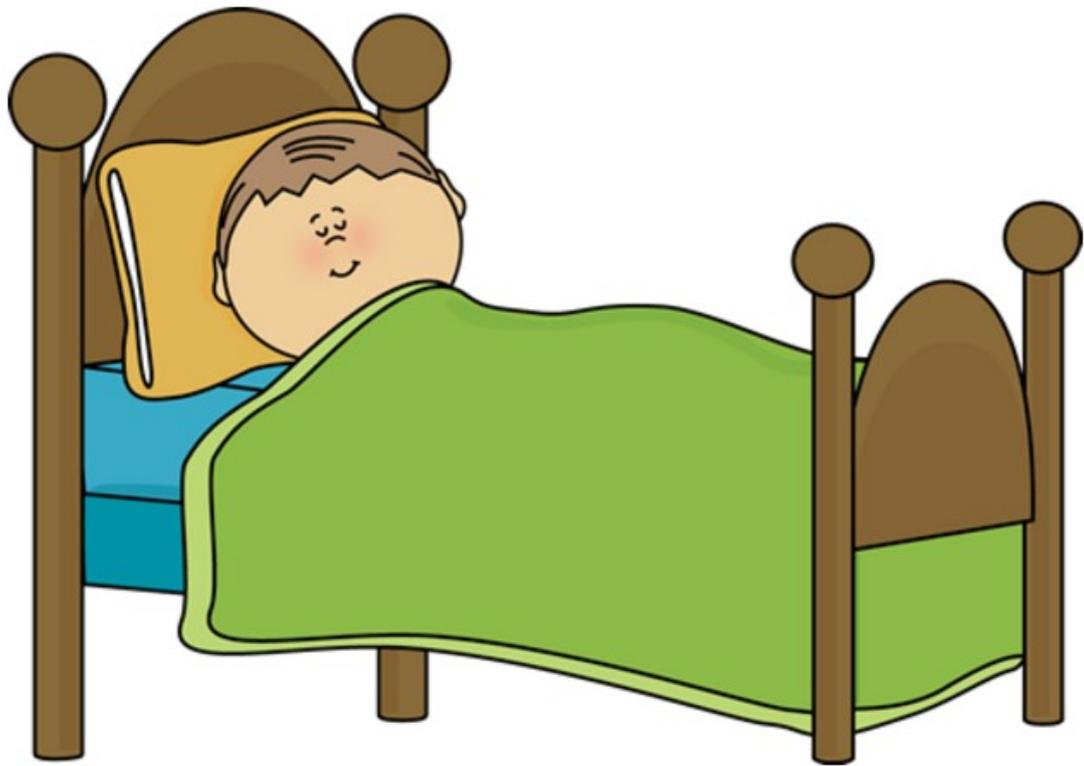


Sleeping in my
own bed



at night



Sleep is very important, it helps
to keep me healthy.



I must sleep in my own bed
every night.



First, I get ready for bed at night. I have a wash, brush my teeth and put on my pyjamas.



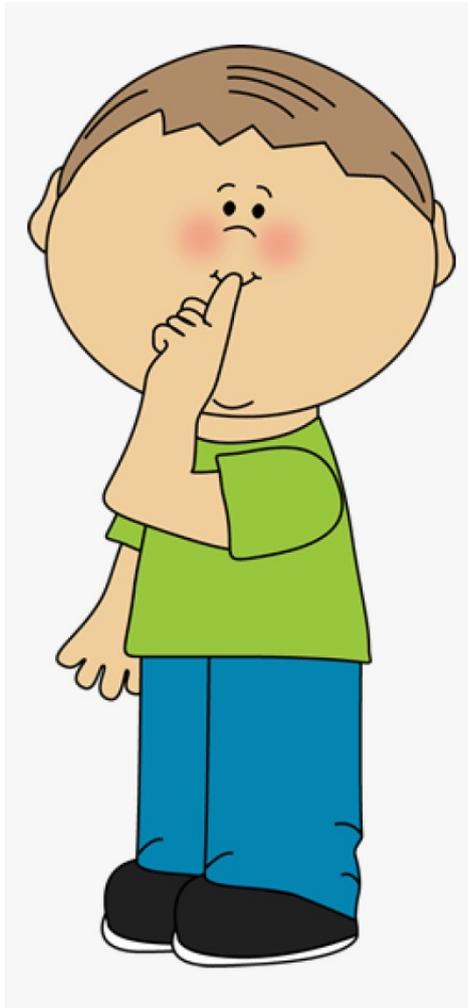
I get into my own bed. I say
“Night, night, see you in the
morning!” to my family.



I must stay in my bed and close
my eyes.



If I can't sleep, I must stay in
bed and cuddle my teddy.



It is very important that I do
not wake other people up. Unless
it is an emergency.



I will sleep in my own bed every
night.