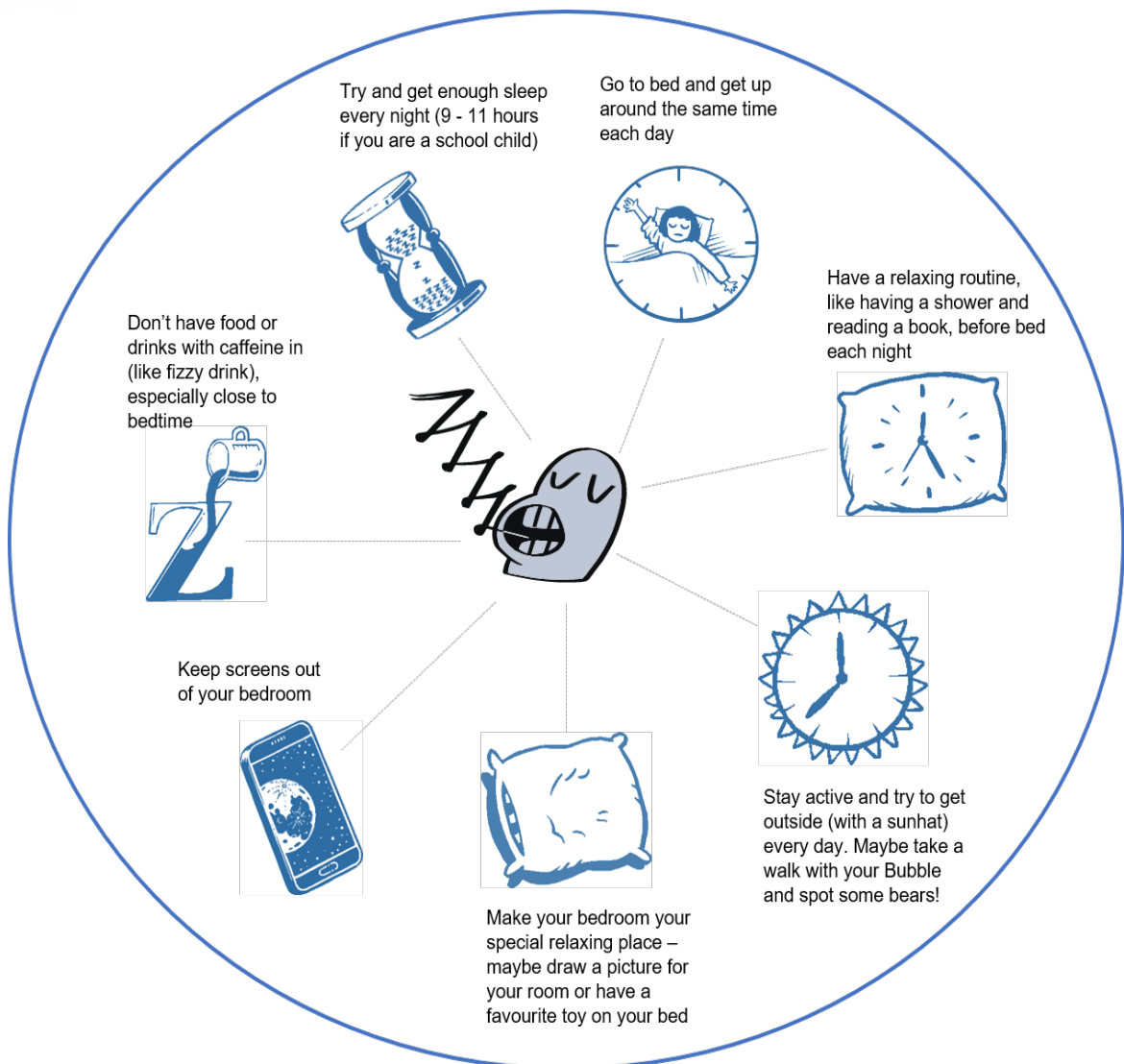


Sleeping well in your bubble

Tips for children



At the moment life is a little different for many of us as we stay at home in our Bubbles. What we can do and when we do it might have changed, including when we go to bed and get up. Sleep helps us to grow, feel happy and stay well, just like healthy food and exercise. Here are some things we can do to sleep well in our Bubble...



Remember, to help us to not get sick with the coronavirus (COVID-19) we all need to:

- Stay at home in our Bubble
- Not get too close to people outside of our bubbles
- Cough or sneeze into our elbow
- Wash our hands lots of times during the day



Created by the Sleep/Wake Research Centre, Massey University, New Zealand.
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