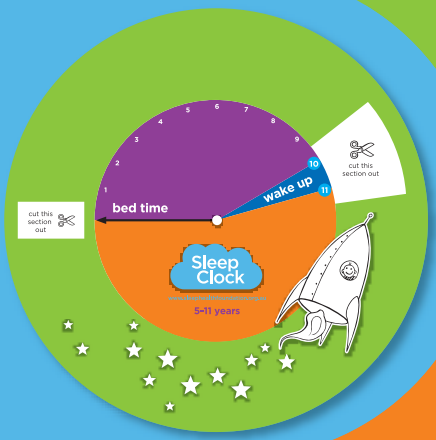
Sleep Clock



TO MAKE YOUR SLEEP CLOCK YOU WILL NEED...

- 1 clock face
- 1 bedtime/wakeup dial
- 1 pair of scissors
- 1 split pin
- coloured pencils
- an adult nearby to help if you need them

STEP 1 cut around the outside of your bedtime/ wakeup dial...

STEP 2 carefully cut out the sections with the symbol...

STEP 3 place the dial face up on the clock face and push the split pin through the centre dot of both circles...

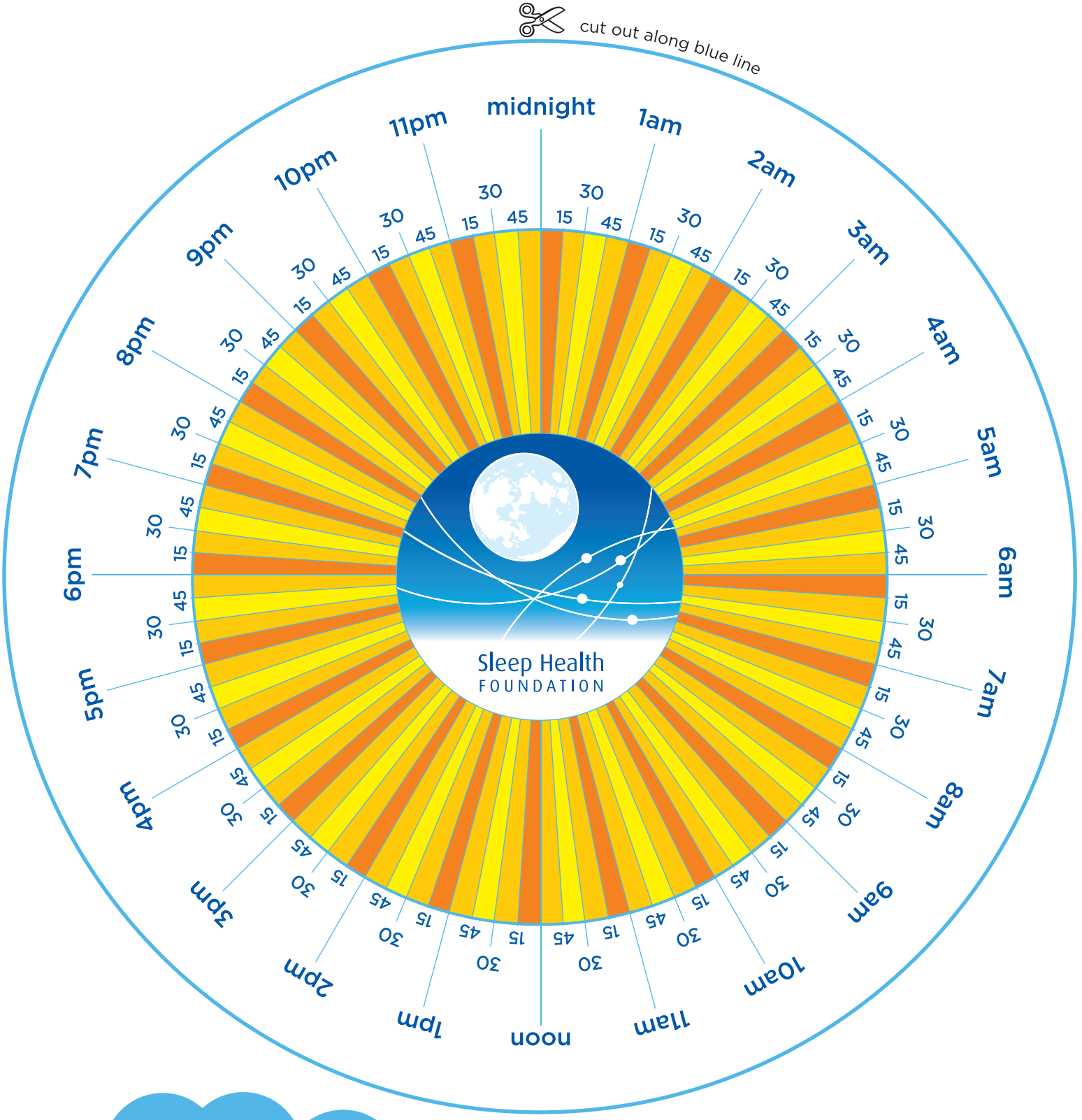
STEP 4 fasten the split pin at the back so the dial can spin...

YOUR **Sleep Clock** IS READY!

Sleep Health FOUNDATION

www.sleephealthfoundation.org.au

cut out along blue line



Sleep Clock

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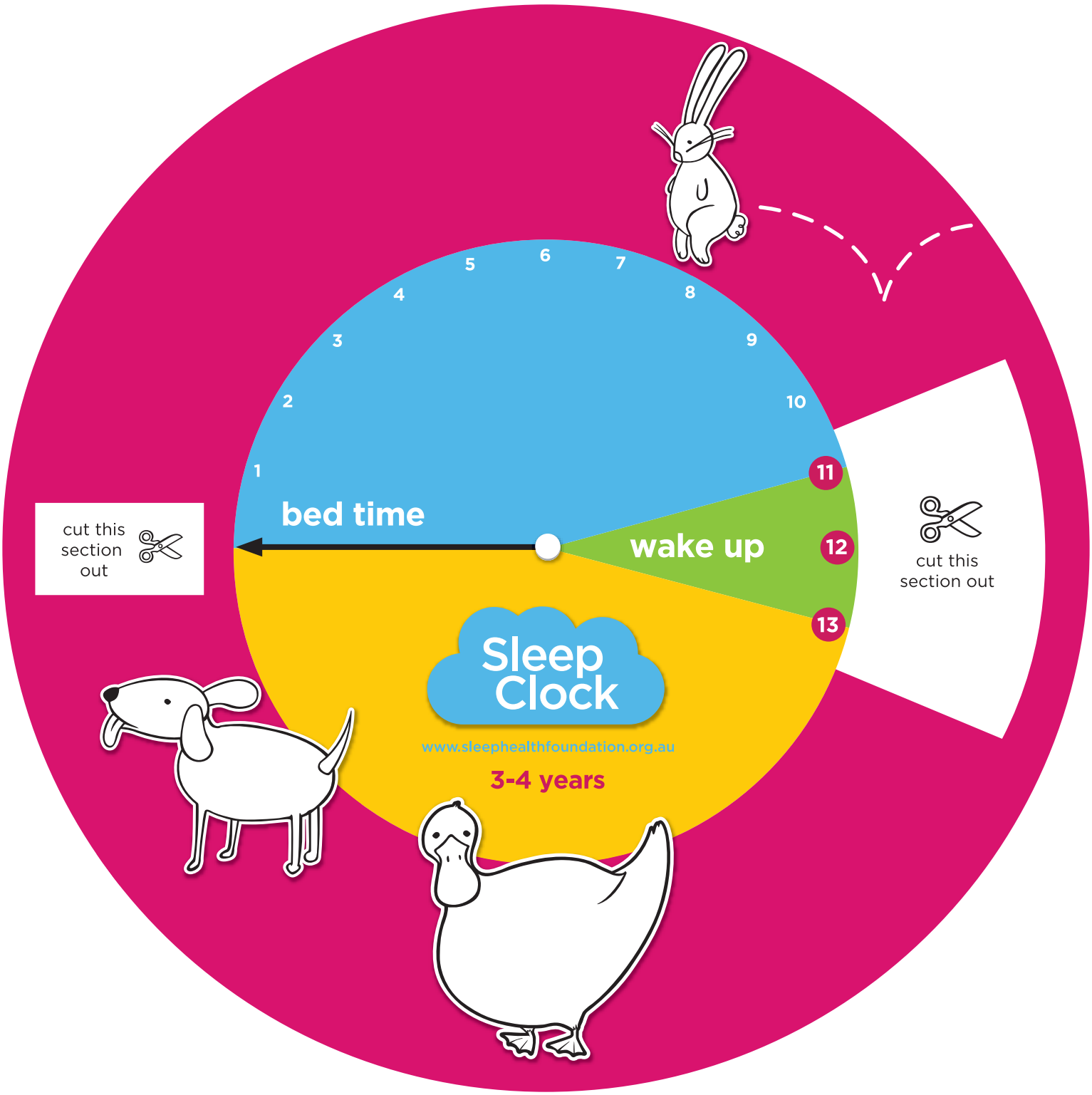
cut this section out
1
2
3
4
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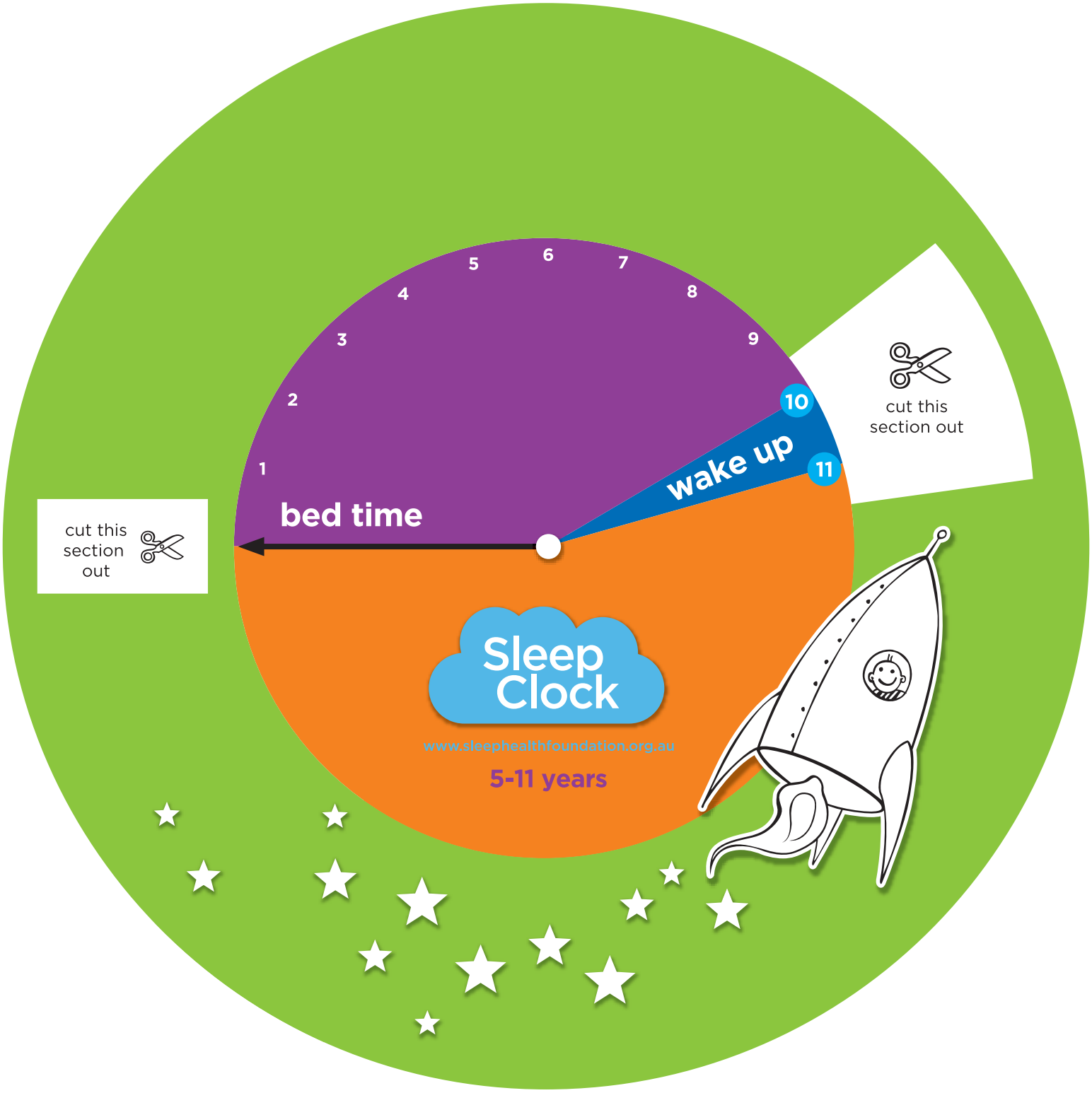
10
11
12
13
bed time
wake up
Sleep Clock
www.sleephealthfoundation.org.au
3-4 years
cut this section out

3-4 years


1
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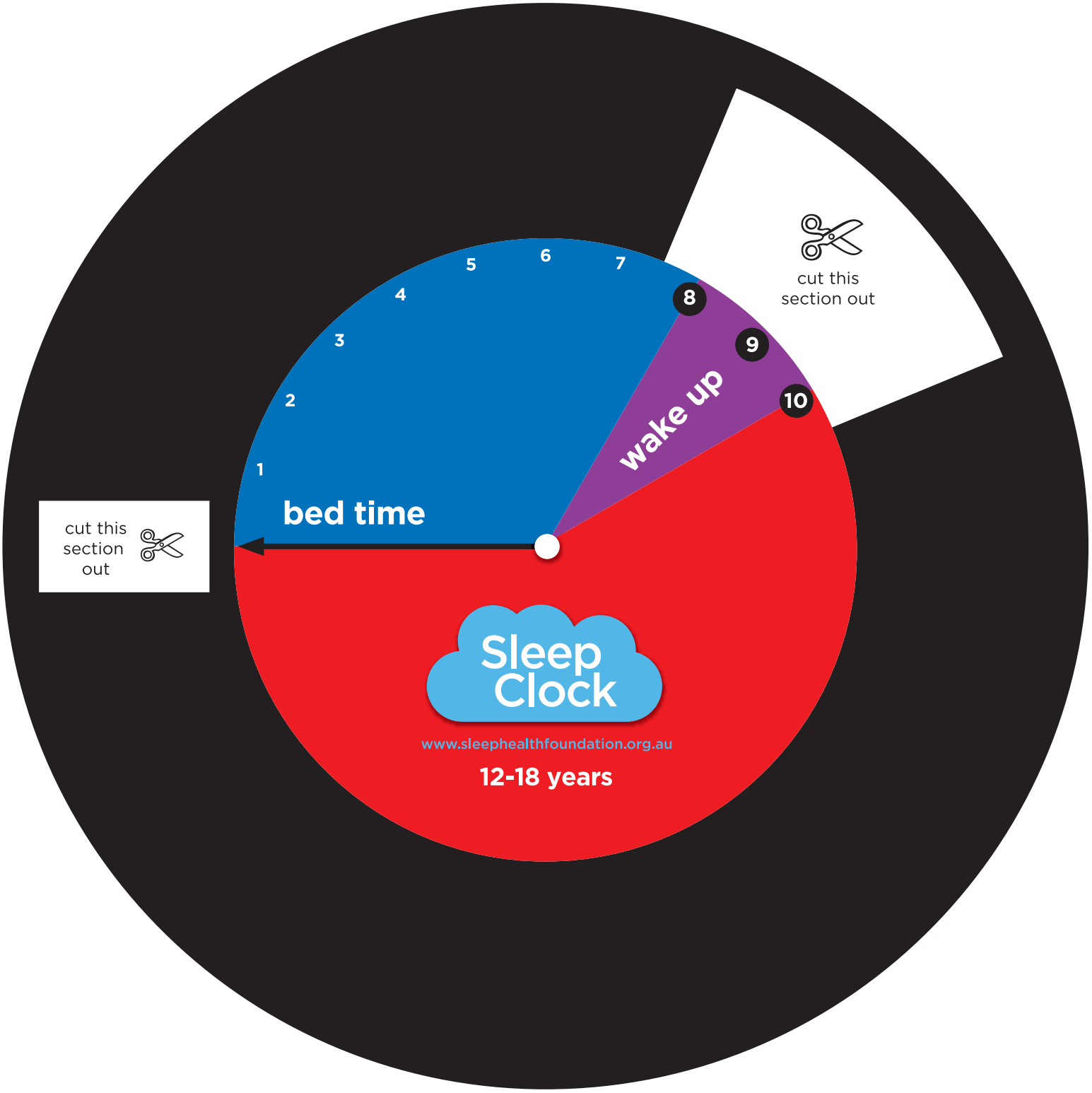
bed time
wake up
cut this section out
cut this section out
Sleep Clock
www.sleephealthfoundation.org.au
5-11 years

5-11 years


cut this section out
cut this section out
1
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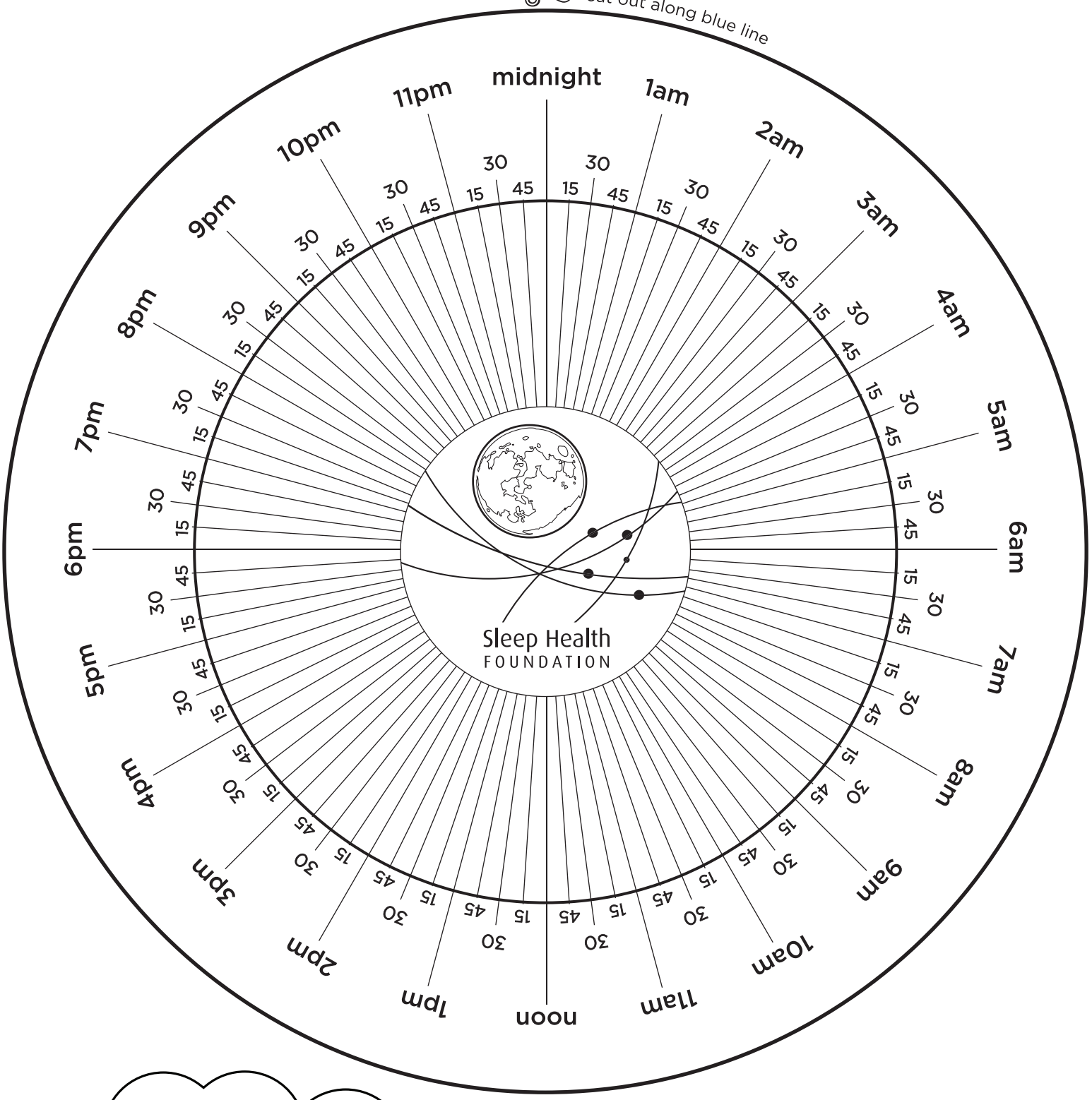
9
10
wake up
bed time
Sleep Clock
www.sleephealthfoundation.org.au
12-18 years

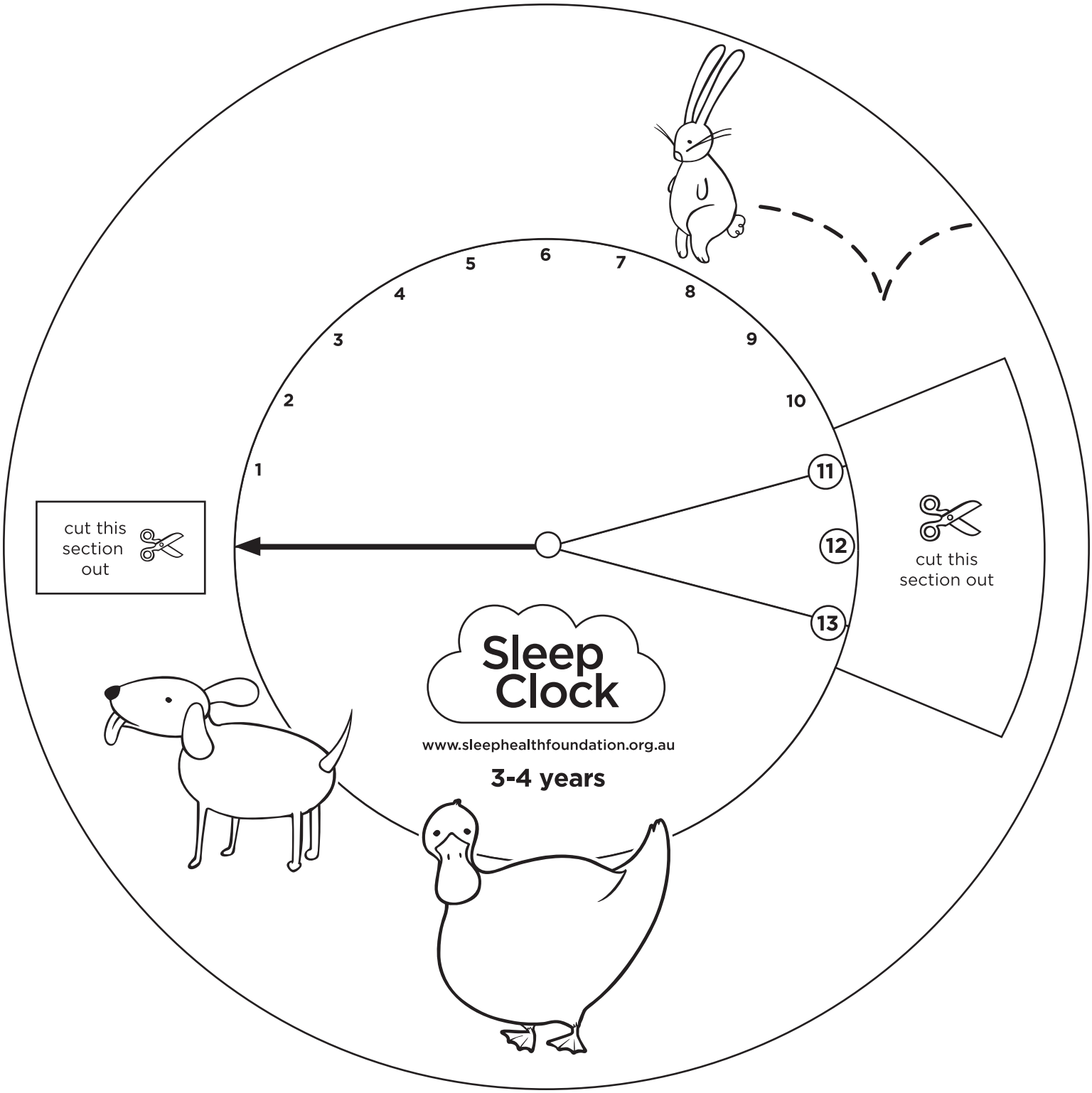
12-18 years

cut out along blue line



Sleep Clock

www.sleephealthfoundation.org.au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cut this section out
cut this section out
Sleep Clock
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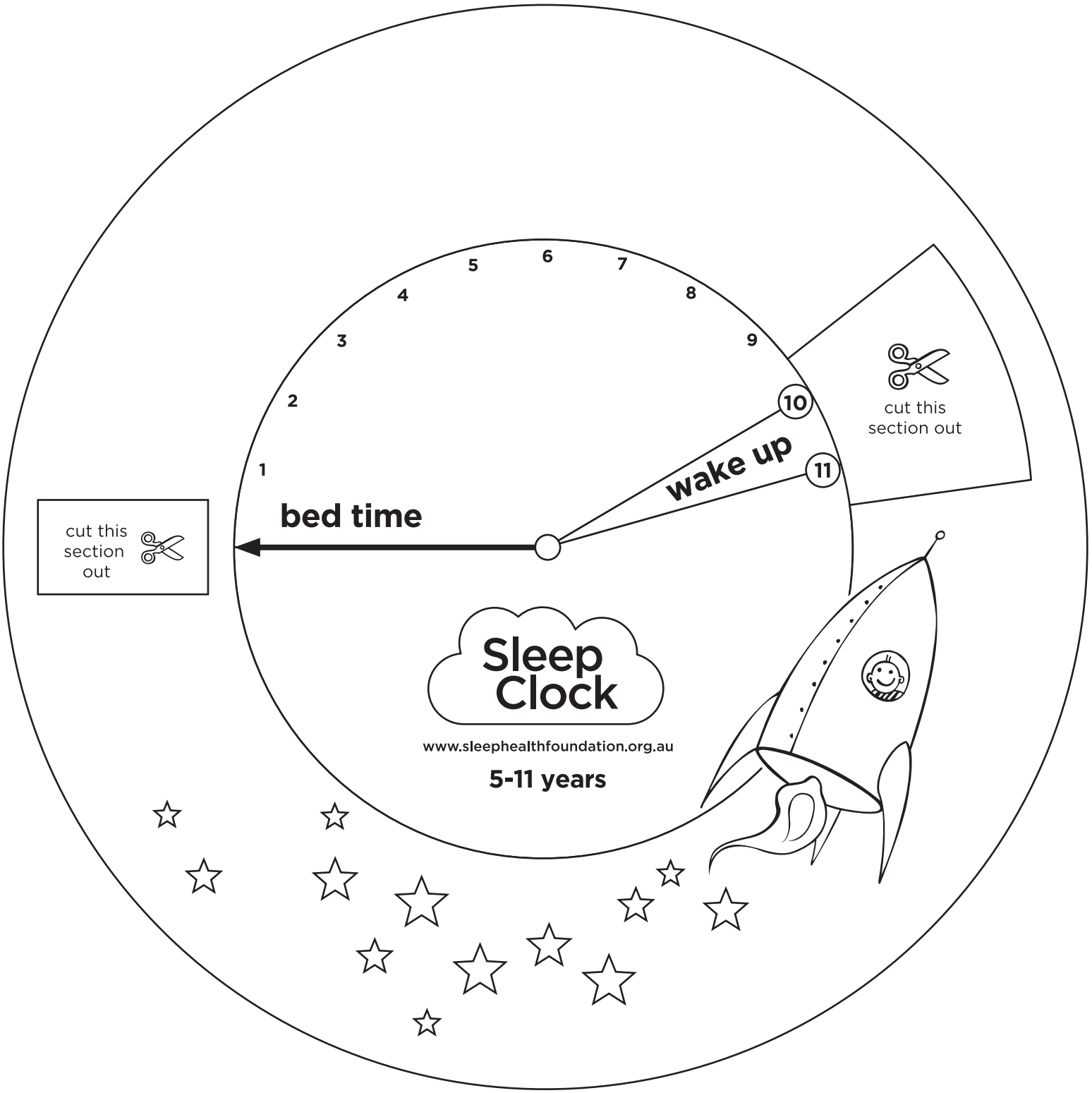
3-4 years

3-4 years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bed time
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Sleep Clock
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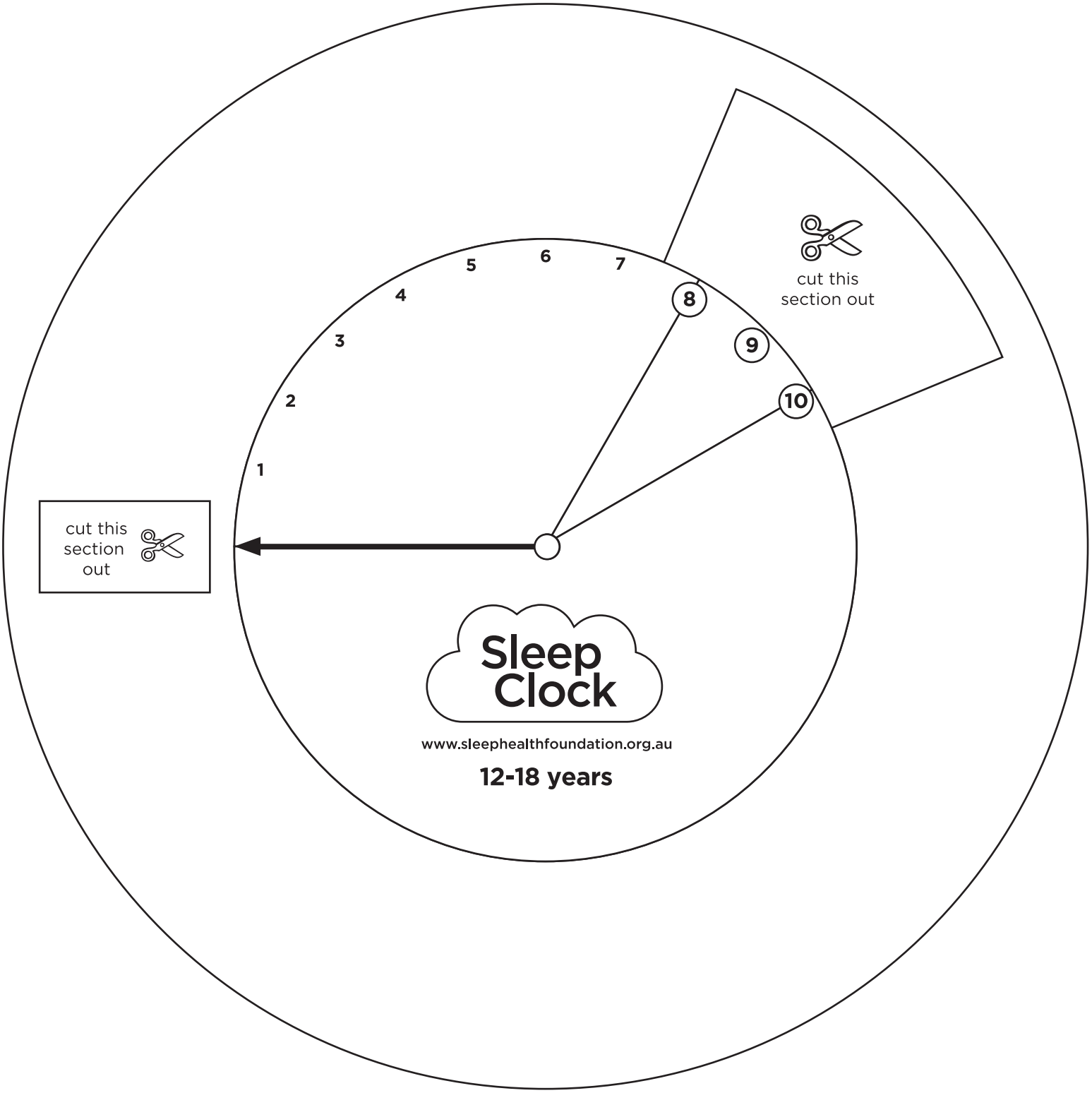
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12-18 years

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