

# Sleep

**Name:**

**Age:**

# Clock

**Date:**

**Your sleep clock helps you understand what time you should go to sleep, based on when you need to wake up the next day.**

## What you'll need

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

## How to make your sleep clock

1. Cut around the outside of your bedtime/wakeup dial
2. Carefully cut out the sections with the symbol
3. Place the dial face up on the clock face and push the split pin through the centre dot of both circles
4. Fasten the split pin at the back so the dial can spin







