**MY SLEEP MACHINE**

![C:\Users\smilic\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\RBLII5NZ\sleep2[1].jpg]()

**It is very important to sleep well at night**



**My family want to help me make sure I**

**sleep well at night**



**If I do not sleep well at night I will be tired**

**I might fall asleep at school or at work**



**I need to have my special machine in my room,
beside my bed**



**I also need to wear my special mask at night. This mask helps me breathe**

 

**If I wear my mask all night I will feel
good in the morning**

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**I will have lots of energy to do the things I like**

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**If I use my sleep machine, and wear my mask all night my family will be very proud of me!**

