



# SLEEP TIGHT, it makes everything right.

The power of sleep  
is a curious thing:  
Makes some kids weep.  
Makes some kids sing.

For those who weep  
we'd like to say  
sleeping can keep you  
happy all day.

It'll keep you fit.  
It'll help you think.  
Perhaps a lil less TV,  
but thats a good thing.

'cos your brain needs rest  
and you body too...  
So that when you wake up,  
you're bright as brand new.

And if you can't sleep  
especially at night?  
Cut out soft drinks  
and turn off the lights.

An hour of no screens  
and a lil exercise,  
will get you those 8 hours  
before sunrise.

So, make sure you get atleast 8 hours of sleep.