**SLEEP BROCHURE**

**ALL 3 ON 1 Brochure**

1. **Sleep Wake Cycle (stages of sleep)**
   1. All the stages and what each stage means
   2. How long each stage lasts
   3. How this effects your everyday life
   4. Pictures
2. **Impacts of Insufficient Sleep**
   1. List the different things that occur when you do not get enough sleep
   2. Explain how it effects your everyday life
   3. Pictures
3. **Strategies to get Adequate Amounts of Sleep**
   1. List strategies
   2. Explain how it effects everyday life
   3. Pictures

**ONLY ONE ON THE Brochure**

1. **Sleeping Problems (BY ITSELF)**
   1. Insomnia
   2. Parasomnia
   3. Sleep Apnea
   4. Narcolepsy
   5. Pictures

**Grading**

Information is accurate 30

Information is complete 30

Contains Pictures 15

Readability 15

Originality 10