**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