



Name: _____

Date: _____

Dear Sleepy

Instructions: Select one of the letters below and conduct some research on KidsHealth. Then write your response, providing information and suggestions to help solve the reader's problem.

Dear Sleepy,

I had the weirdest dream last night! My teacher was in my living room and eating nachos with my little brother while my dog was playing video games! Why do I have such strange dreams? And why can I remember this one so clearly?

Yours truly,
Dreamer in Des Moines

Dear Sleepy,

I hope you can help me! I've been having the same nightmare for a few weeks now. I wake up completely scared out of my mind, tangled up in my sheets, with my heart racing! What should I do, Sleepy? What's causing my nightmares, and how can I get rid of them?

Sincerely,
Nightmares in Nashville

Dear Sleepy,

I'm exhausted, so I hope you have some good advice for me. It's been taking me forever to fall asleep once I get in bed. I toss and turn for hours. Then by the time I fall asleep, I'm only sleeping for 2 or 3 hours before it's time for me to get up for school. What should I do to get a better night's sleep?

Sincerely,
Yawning in Yellowstone

Dear Sleepy,

Help! It's bad enough I have to share my room with my younger sister, but now she's waking me up in the middle of the night because she's sleepwalking! She gets up and walks around the room, saying things that make no sense. What's wrong with her? And what should I do to get a good night's sleep?

Yours truly,
Sleepwalker's Sister