



Teen  
Sleep  
Hub

WOULDN'T IT  
BE GREAT  
TO HAVE  
MORE TIME?



HOBBIES

DON'T LET YOUR  
SLEEP SUFFER  
FOR THAT  
EXTRA HOUR!



HOMEWORK

JOIN THE CONVERSATION  
[TEENSLEEPHUB.ORG.UK](https://teensleephub.org.uk)



CHORES

#TEENSLEPMATTERS



SOCIAL  
LIFE

POWERED BY

