

SLEEP MYTH BUSTERS

Setting: _____

Country or Region: _____

Age Group: _____

Instructions

Select five common sleep myths from your clinical or community experience. Mark each statement True or False and provide a concise science-based explanation and practical takeaway.

Myth 1

Statement: _____

True or False: _____

Science-Based Explanation:

Practical Takeaway:

Myth 2

Statement: _____

True or False: _____

Science-Based Explanation:

Practical Takeaway:

Myth 3

Statement: _____

True or False: _____

Science-Based Explanation:

Practical Takeaway:

Myth 4

Statement: _____

True or False: _____

Science-Based Explanation:

Practical Takeaway:

Myth 5

Statement: _____

True or False: _____

Science-Based Explanation:

Practical Takeaway: