

# New Tools to Teach Your Kids about Sleep

The American Academy of Sleep Medicine (AASM) is launching two free interactive apps for tablet devices, available for download from the App Store, Google Play and Amazon. The apps use interactive storytelling and activities to show animals' sleep patterns, environment and adaptations – illustrating how sleep is important for all animals, and people too!

**With your iPad, Android tablet or Kindle Fire device, scan here for more information:**



AMERICAN ACADEMY OF SLEEP MEDICINE  
*Setting Standards & Promoting Excellence in Sleep Medicine*

For more information on children's sleep health or the AASM, visit [SleepEducation.com](http://SleepEducation.com)