

# CAPTAIN SLEEP

AND THE TOOTHBRUSH FAIRY



Little Timmy is a little boy who always brushes his teeth before going to bed.

And while he's brushing his teeth, he imagines he becomes Captain Sleep!





One night, he sees Toothbrush Fairy holding a giant toothbrush and looking worried.

“What’s wrong, Toothbrush Fairy?” asks Captain Sleep.



**Toothbrush Fairy points to Little Timmy's teeth with her giant toothbrush.**

**“Look at all the germs! We must get rid of them before Little Timmy goes to sleep!” she says.**



“Let me help you!” says Captain Sleep.

He takes a giant toothbrush from  
Toothbrush Fairy and gets ready!



“Ready, set, brush!”  
says Captain Sleep excitedly!

The fight is on!



Captain Sleep and Toothbrush Fairy take turns to brush away all the germs and food stuck in Little Timmy's teeth.

Try to spot the broccoli and yesterday's candy hiding here!





As they brush, Captain Sleep and  
Toothbrush Fairy sing their  
favourite song.

Do you also have a favourite  
song you can brush along to?



Finally, all the germs are gone!

“Thank you for your help, Captain Sleep!” says Toothbrush Fairy.





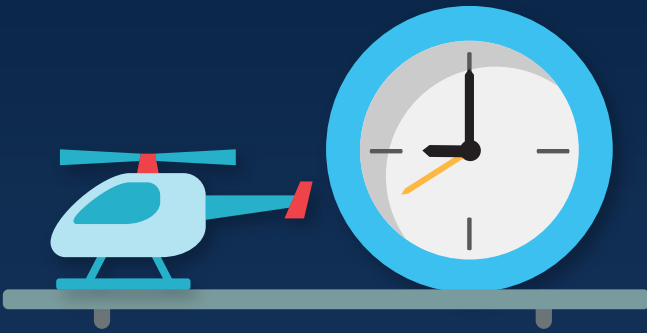
**“With clean and fresh teeth, Little Timmy is ready for bed!” she explains.**

**Captain Sleep waves goodbye for it’s time to go to sleep.**



Little Timmy puts away his toothbrush.  
His teeth is nice and sparkly clean.

“Now I’m ready for a good night’s  
sleep!” says Little Timmy.



# THE BEDTIME SONG

*SUNG TO THE TUNE OF "ROW, ROW, ROW YOUR BOAT"*

BRUSH, BRUSH, BRUSH YOUR TEETH,  
BRUSH THEM EVERY DAY.  
UP AND DOWN AND ALL AROUND,  
TO KEEP THE GERMS AWAY.

KEEP THEM CLEAN AND WHITE,  
★ BRUSH THEM EVERY NIGHT.  
PUT A LITTLE TOOTHPASTE ON,  
AND ALL THE GERMS ARE GONE.

RINSE, RINSE, RINSE YOUR MOUTH,  
THAT'S HOW YOU KNOW YOU'RE DONE!  
HAPPY, HEALTHY TEETH THEY'LL BE ★  
WHILE YOU ARE HAVING FUN!



## HOW MUCH SLEEP SHOULD YOU GET IN A NIGHT?



## EASY STEPS TO PREPARE FOR BEDTIME

1



TAKE A BATH

2



PUT ON YOUR  
PYJAMAS

3



BRUSH YOUR TEETH

4



DO A WIND-DOWN  
ACTIVITY

5



SAY GOODNIGHT



Health  
Promotion  
Board



Learn more at  
[go.gov.sg/captain-sleep](https://go.gov.sg/captain-sleep)