

# CAPTAIN SLEEP

AND TEDDY'S MAGIC PYJAMAS



Little Timmy is a little boy who always gets into a pair of comfy pyjamas before going to bed.

And while he chooses his pyjamas, he imagines he becomes Captain Sleep!





**One night, he decides to visit Teddy the Bear.**

**When he steps into Teddy's bedroom, he sees Teddy climbing high and low!**

**“What are you looking for?” asks Captain Sleep.**



**“My magic pyjamas,” says Teddy the Bear.**

**“Without them, I can’t be Super Teddy when I sleep!”**

**“Let me help you!” says Captain Sleep.**

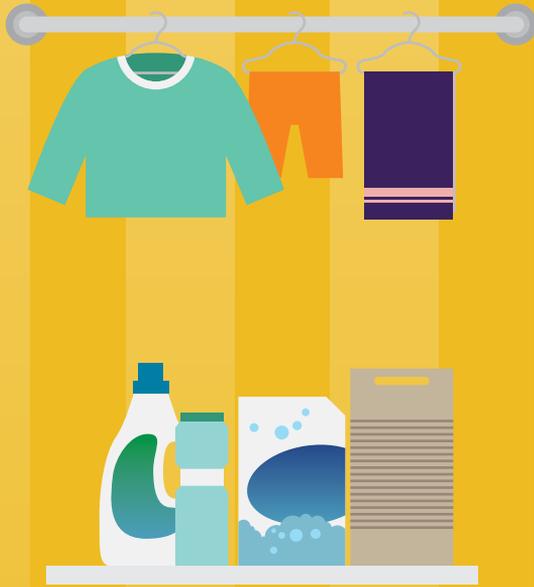


**“Are these your magic pyjamas?”  
Captain Sleep points to the  
laundry basket.**

**Teddy shakes his head.**

**“No, my magic pyjamas are sparkly,”  
he says.**





**“Are these your magic pyjamas?”  
Captain Sleep points to the shower.**

**Teddy shakes his head again.**

**“No, my magic pyjamas are striped,”  
he says.**



**“Are these your magic pyjamas?”  
Captain Sleep points to the closet.**

**Teddy shakes his head a third time.**

**“No, my magic pyjamas have sleeves!”  
he says.**



**Captain Sleep goes to Teddy’s bed and lifts the blanket.**

**Hiding beneath is a pair of sparkly, striped pyjamas with sleeves!**

**“Are these your magic pyjamas?” asks Captain Sleep.**



**“Hooray! You’ve found them, Captain Sleep!” says Teddy with a big smile.**



**Teddy the Bear happily gets into his Magic Pyjamas.**

**“Good night, Captain Sleep!”  
says Teddy as Captain Sleep  
tucks him in.**



Little Timmy buttons up his pyjamas and climbs into bed.

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





# THE BEDTIME SONG

*SUNG TO THE TUNE OF "IF YOU'RE HAPPY AND YOU KNOW IT"*

IF YOU'RE SLEEPY AND IT'S TIME TO GO TO BED,  
IF YOU HAVE A STORY WAITING TO BE READ. ★  
FIND YOUR FAVOURITE PAIR OF JAMMIES,  
FOR THE NIGHT AND YOU MUST WEAR IT,  
IF YOU'RE SLEEPY, THAT IS HOW YOU GO TO BED.



## 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

