

48. Sweet dreams

Insomnia



Scan to learn the process!



GLUE

Cut through the black line



Rino the rhinoceros is very tired.

For the past few days, he keeps falling asleep in class!

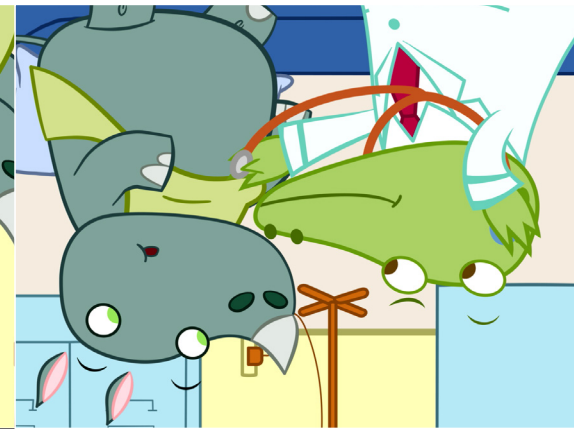


For example, eating a lot before bedtime is not good.
A full stomach makes us uncomfortable and makes it difficult to fall asleep.



Apparently, he hasn't been sleeping well at night.

It's really hard for him to fall asleep... and then during the day, he's exhausted!



Croco Doc explains to Rino the importance of getting a good night's sleep.

We are like a mobile phone... we need energy to function!

Rino is healthy, so the issue lies in his habits.

To sleep well, there are several things to consider!

Scan to learn
the process!



GLUE

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Now that he sleeps great, he feels
like he has much more energy
during the day.
How wonderful!



A week later, Rino is thrilled.



We also shouldn't do too much
exercise or movement before
going to bed.

If the body is active, it will be
hard to sleep!

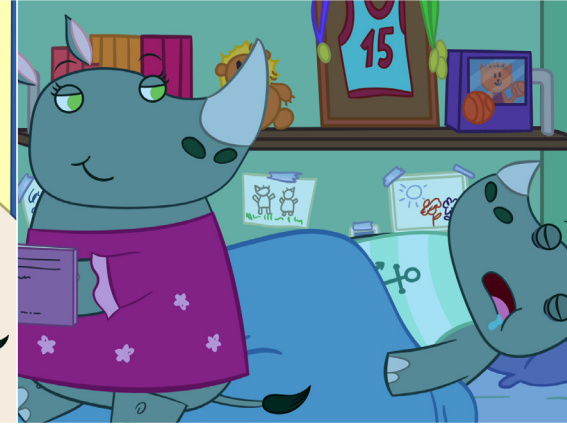
Moreover, it's important to avoid
screens at night.

The light from electronic devices
keeps us awake!



After these tips, Rino is very excited
for the night to come.

He can't wait to put them to the
test and sleep well!



Indeed, Rino falls asleep right
away...

You can tell that everything Cro-
co Doc told him is working!