



# notes from the nurses

## importance of sleep



**Sleep is so important for your health and well-being!**

With a good night's sleep:

- You can concentrate better
- Helps prevent feelings of sadness
- Helps your body fight off being sick

How much sleep?

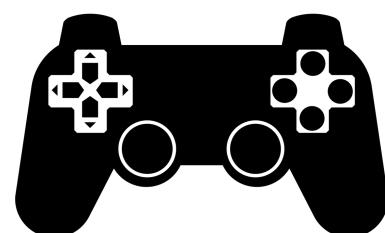
- School age (6-12 yrs): 9-12 hours
- Teens (13-18 yrs): 8-10 hours
- Adult (18+): 7 plus hours

### How to improve sleep:

- Avoid sleeping in when you have had enough sleep
- Go to bed the same time each night
- Spend more time outside and being active each day
- Avoid drinking beverages with caffeine in them 2-3 hours before bed - this includes coffee, pop and energy drinks
- If you have trouble sleeping - avoid taking naps
- Use clean, comfortable bedding

### **HEALTH TIP!!!**

Avoid watching TV, working on your laptop, being on your cell phone or playing video games in your room before bed or in the middle of the night.



**sweet dreams from,  
the Nurses!**

