



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?

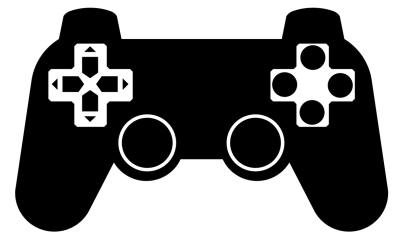
- School age (6-12 yrs): 9-12 hours
- Teens (13-18 yrs): 8-10 hours
- Adult (18+): 7 plus hours

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!**

