

GOOD NIGHT, SLEEP WELL FOR A BETTER DAY

DID YOU KNOW?

1 in 4 children and teens are **NOT** getting enough sleep!

To **do their best** and be as **healthy** as possible children and teens need **adequate sleep**.



SLEEP GUIDELINES

AGE	SLEEP GUIDELINES
3-6	11-13 hours
7-10	10-11 hours
10-12	9-11 hours
13-18	8-10 hours
Adult	7+ hours

BENEFITS OF ADEQUATE SLEEP

- ★ Better brain (improved memory and concentration)
- ★ Better body (improved energy, stronger heart and weight management)
- ★ Better emotions (happier and more optimistic)

WHAT TO DO?

ELECTRONICS

- Turn electronics OFF at least one hour before going to sleep
- Keep electronics OUT of bedrooms when going to sleep

ENVIRONMENT

- Make bedrooms dark, quiet, and comfortable when sleeping
- Free bedrooms of distractions

EAT AND DRINK

- Eat a healthy and balanced diet
- Avoid caffeine, nicotine and other stimulants

EXERCISE

- Find a fun way to be active for at least 60 minutes per day
- Use active modes of transportation like walking, biking and public transit

EVERY DAY AND EVERY NIGHT

- Have a consistent wake-up time and bedtime (even on weekends)
- Create a homework and study plan
- Establish regular bedtime routines (read a book, take a bath etc.)