

# SLEEP

**WHY  
ACT  
NOW**

## Get Your ZZZZZZZZZZZ's

Sleep is food for the brain. Teenagers need between 8-10 hours a night to function best!

- \* Regularly not getting enough sleep can lead to chronic sleep deprivation.



### CONSEQUENCES: LACK OF SLEEP

1. Limits your ability to learn, listen, concentrate and solve problems. More prone to forgetfulness, such as forgetting names and homework.
2. Can contribute to acne and other skin problems by making you more prone to pimples.
3. Can lead to aggressive or inappropriate behavior, such as a short temper, impatience or being easily agitated.
4. Can cause you to eat too much. Increased cravings for unhealthy sweet and fried foods which can lead to weight gain.
5. More prone to illness and poor health.




### TIPS: GETTING BETTER SLEEP

1. Make sleep a priority. Establish a regular schedule, Go to bed and wake up at the same time.
2. Take a 20 minute nap after school if you need to. It can give you a little boost to tackle the rest of the day. (anything longer will just make you more tired)
3. Make your room a peaceful and restful place. Keep it cool, dark and quiet.
4. Create habits by doing the same things every night before you go to sleep. It will teach your body the signals that it's time for bed.
5. Avoid your phone, the TV and computer before bed. The light will cue the brain to stay awake.



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