

WHY SHOULD I SLEEP?

- ▶ **Sleep is important for growth.** Your body produces a chemical called growth hormone during deep sleep.
- ▶ **Getting good sleep improves your mood.** It is easier to get angry when you're sleepy.
- ▶ **Sleep helps you fight off sickness.** The immune system weakens with sleep deprivation.
- ▶ **Sleep can help you do well on tests.** The sleep stage when you dream, called REM sleep, strengthens your memory.
- ▶ **You have more energy for after-school activities.** It's natural to feel tired between 2 PM and 4 PM, when school ends. Not getting enough sleep makes it even harder to stay awake for after-school activities.

How much sleep do I need?

On average, most teenagers need approximately **9 hours of sleep per night**; however, not everyone has the same sleep need. If you wake up feeling refreshed and are able to stay awake throughout the day without difficulty and without caffeine, you are probably sleeping enough.

How do I get good sleep?

- ▶ **Establish a bedtime routine.** Try taking a warm shower, reading, relaxing, and/or listening to soft music before bedtime.
- ▶ **Turn off all electronic devices** at least 1 hour before bedtime.
- ▶ **Exercising several hours before bedtime** may help you fall asleep and stay asleep at night.
- ▶ **Do not consume caffeine after lunch.**
- ▶ **Set a consistent sleep schedule.** Keep the weekday and weekend sleep schedule similar.
- ▶ **Don't take an afternoon nap.** If you feel you have to take a nap, limit it to 30 minutes in the early afternoon.
- ▶ **Avoid tobacco and alcohol,** because these substances disrupt sleep.