

Sleep Enough



Sleeping strengthens your immune system, helps you solve problems, helps you reason better and increases your memory. Getting the right amount of sleep can make you happier and less irritable throughout the day. Proper sleep even makes it easier for you to control your weight.

Small Habits

- **Keep a bedtime routine**
 - Do the same series of activities leading up to bedtime (put on your pajamas, brush your teeth, read a book, go to sleep). Keep a consistent bedtime.
- **Prepare your bedroom**
 - Make sure your bed is comfortable, and the room is dark and quiet. Reducing the temperature in your bedroom can help too.
- **Prevent interruptions**
 - Stop drinking fluids at least 90 minutes before bedtime. Silence your cell phone.
- **Avoid caffeine, alcohol, and tobacco**
 - Do not consume any caffeine in the afternoon or evening. Avoid alcohol and tobacco late in the evening.
- **Shut down the media**
 - Do not use any media (TV, computer, cell phone) for an hour before going to bed because the blue light emitted from these devices mimics daylight, telling your brain it is time to be awake.
- **Clear your mind**
 - If your mind starts to wander, use your breath as an anchor to the present, restful moment.
- **Don't eat late at night**
 - Eating before bedtime can reduce the quality of your sleep.

Directions:

1. Put a check mark in the box for every day you sleep the recommended amount of sleep a night.
2. Celebrate milestones. Plan to use positive rewards as you reach predetermined goals.

AGE:	SLEEP REQUIREMENT
0 to 3 months	14 to 17 hours
4 months to 5 years	11 to 15 hours
6 to 17 years	9 to 11 hours
18 years and older	7 to 9 hours

Source: National Sleep Foundation
