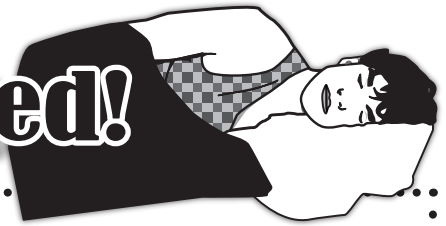




# Sleep: It's Under-Rated!



## Why Is Sleep Deprivation a Problem?

- During sleep, important body functions and brain activity occur.
- Without adequate sleep you may:
  - look bad.
  - feel moody.
  - find it hard to get along with others.
  - be more likely to have an accident, injury and/or illness.
  - have lower test scores on school exams and poor or decreased athletic performance.
  - have a hard time learning, listening, concentrating, remembering, and solving problems.
  - develop skin problems, have issues with over eating, and illness.
- Research shows that lack of sleep affects mood, and a depressed mood can lead to lack of sleep. It's a vicious cycle.
- Sleep helps you manage stress.
- When you are sleep deprived, you are as impaired as driving with a blood alcohol content of .08%, which is illegal for drivers in many states. Drowsy driving causes over 100,000 crashes each year. Recognize sleep deprivation and call someone else for a ride. Only sleep can save you!

## How Much Sleep Do I Need?

NEWBORNS	
(0–2 months)	12–18 hours
INFANTS	
(3–11 months)	14–15 hours
TODDLERS	
(1–3 years)	12–14 hours
PRESCHOOLERS	
(3–5 years)	11–13 hours
SCHOOL-AGE CHILDREN	
(5–10 years)	10–11 hours
TEENS	
(10–17)	8.5–9.25 hours
ADULTS	
	7–9 hours

Source: National Sleep Foundation

## Sleeping Tips

- Make sleep a priority.
- Go to sleep and wake up at the same time every day, even on the weekends.
- Keep your bedroom cool, quiet, and dark. Our brains are built to sleep when it's dark. When it's dark, your brain makes a chemical called melatonin that makes you sleepy. When you're in the light, your brain shuts off the melatonin. Even the light from a television or computer screen can make it harder to fall asleep. A dim nightlight is okay.
- Don't drink caffeinated beverages, such as coffee, soda, tea, or drinks and snacks with lots of sugar, especially within six to eight hours of going to bed.
- Being active can help you sleep better, but don't exercise within three hours of going to bed—getting your blood pumping like that can make it hard to fall asleep.





## Sleep: It's Under-Rated! (continued)

- Relax before going to bed. Avoid anything that requires serious concentration, like heavy reading or studying, within an hour of going to bed.
- Use your bed only for sleeping – don't do homework, watch television, talk on the phone, or text when you're in bed. That way, your body starts to know that once you're in bed, it's time for sleep.
- If you do the same things every night before you go to sleep, you teach your body the signals that it's time for bed. Try taking a bath or shower (this will leave you extra time in the morning), or reading a book.
- Try keeping a diary or to-do lists. If you jot notes down before you go to sleep, you'll be less likely to stay awake worrying or stressing.

Sources: The Sleep Foundation, <http://www.sleepfoundation.org>

Centers for Disease Control and Prevention, [www.cdc.gov](http://www.cdc.gov)