

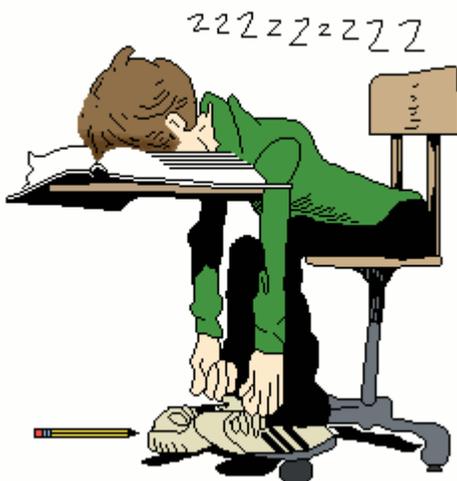


# 8-Get More Sleep

Year of Being Well

## Consistent Sleep

There is so much research that has been done to prove that getting enough sleep is critical at every age. A lack of sleep can increase the risk of becoming overweight or obese and lead to other behavioral issues. Getting plenty of sleep each night can help your family members prevent childhood obesity and maintain a healthy weight.



Most children under the age of 5 need 11 hours or more of sleep per day. Children ages 5 to 10 require 10 hours of sleep or more per day. Children ages 10 to 18 need at least 9 hours of sleep per day. There are many things you can do to help your kids get a good night's sleep. Creating a bedtime routine and going to bed at a time that allows your kids to get enough sleep will help. – *Susan Dell*

### Quick Tips:

- Plan nighttime activities so you have plenty of time to get ready for bed and allow for the recommended amount of sleep.
- Develop a bedtime routine and stick with it.
- Use bedroom for sleeping and not watching TV or playing with electronics. Limit screen time by keeping electronics out of the bedroom.
- Avoid large meals or heavy foods before bedtime.

### Did you know:

People who report sleeping 5 hours a night are much more likely to become obese compared with people who sleep 7 to 8 hours a night.

-National Heart Lung and Blood Institute

According to sleep experts, teens need at least 8.5 to 9.25 hours of sleep each night, compared to an average of 7 to 9 hours each night for most adults.

-National Sleep Foundation

#### Important tips:

- Small steps can have a big impact
- Choose one or two steps to begin each month

Find more information at [www.BeWellBook.org](http://www.BeWellBook.org)

# Get Some ZZZZZZZ

Name: \_\_\_\_\_

Period: \_\_\_\_\_

Date: \_\_\_\_\_

	What time did you go to bed?	What time did you fall asleep	What time did you wake up?	How many times did you wake up?	Total Hours of sleep
Day 1					
Day 2					
Day 3					
Day 4					
Day 5					
Day 6					
Day 7					



### Reflection Questions

Do you have trouble falling asleep at night? \_\_\_\_\_

Do you have a television, computer, or video games in your room? \_\_\_\_\_

What time of day do you feel the most alert/focused? \_\_\_\_\_

Do you drink energy/caffeinated drinks in the evening? \_\_\_\_\_