

Sleep your way to better health!



Lack of sleep affects your health:

- Decrease immune system
 - ↳ Body cannot fight bad germs
- Change brain functions
 - ↳ Moody and quickly annoyed
 - ↳ More prone to depression
 - ↳ You forget things
 - ↳ Hard to retain what you learn
 - ↳ You make poor choices

- Increase risk of:

- ↳ Brain damage



- ↳ Heart problems



- ↳ Weight Gain



- ↳ Accidents



- ↳ Untimely death



How much sleep do you need?

Age	Amount of Sleep
Newborns	16-18 hours
Preschool-aged kids	11-12 hours
School-aged kids	At least 10 hours
Teenagers	9-10 hours
Adults and Seniors	7-8 hours

Ways to improve your sleep:

- Sleep early and make it a habit.
- Avoid large meals before bed.
- Use bed only for sleeping –do not browse online, watch T.V., read, or eat in your bed.
- Do not stay awake in bed for more than 5-10 minutes. Get up and walk around for a bit if you cannot fall asleep.
- Avoid daytime naps.
- Avoid workouts before bedtime.
- Workout often and before 2PM—it helps promote night-time sleep.
- Avoid alcohol, cigarettes, and caffeine.