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

<table>
<thead>
<tr>
<th>Age</th>
<th>Amount of Sleep</th>
</tr>
</thead>
<tbody>
<tr>
<td>Newborns</td>
<td>16-18 hours</td>
</tr>
<tr>
<td>Preschool-aged kids</td>
<td>11-12 hours</td>
</tr>
<tr>
<td>School-aged kids</td>
<td>At least 10 hours</td>
</tr>
<tr>
<td>Teenagers</td>
<td>9-10 hours</td>
</tr>
<tr>
<td>Adults and Seniors</td>
<td>7-8 hours</td>
</tr>
</tbody>
</table>

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.