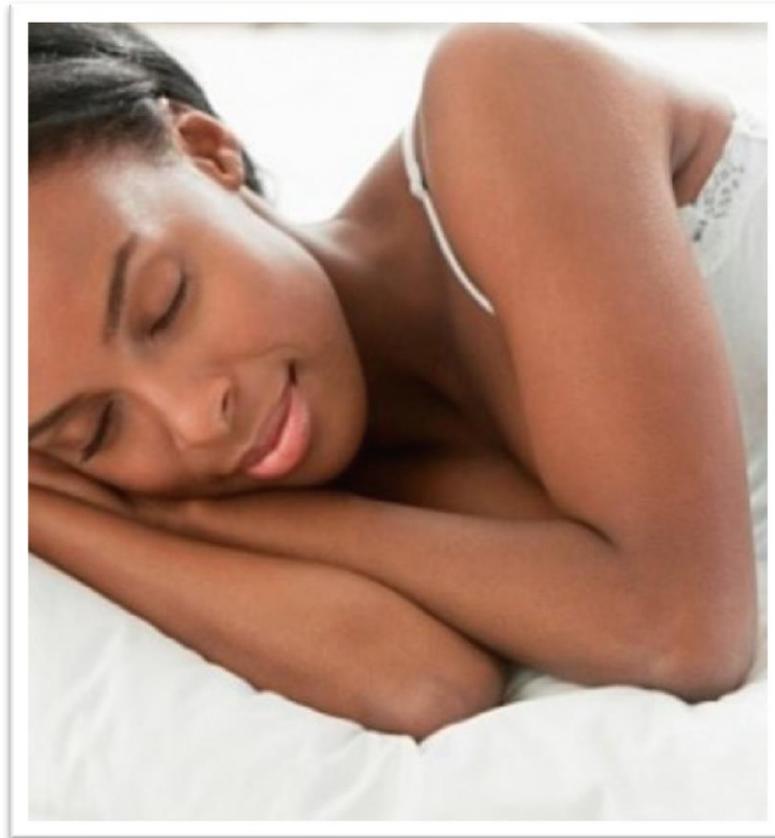
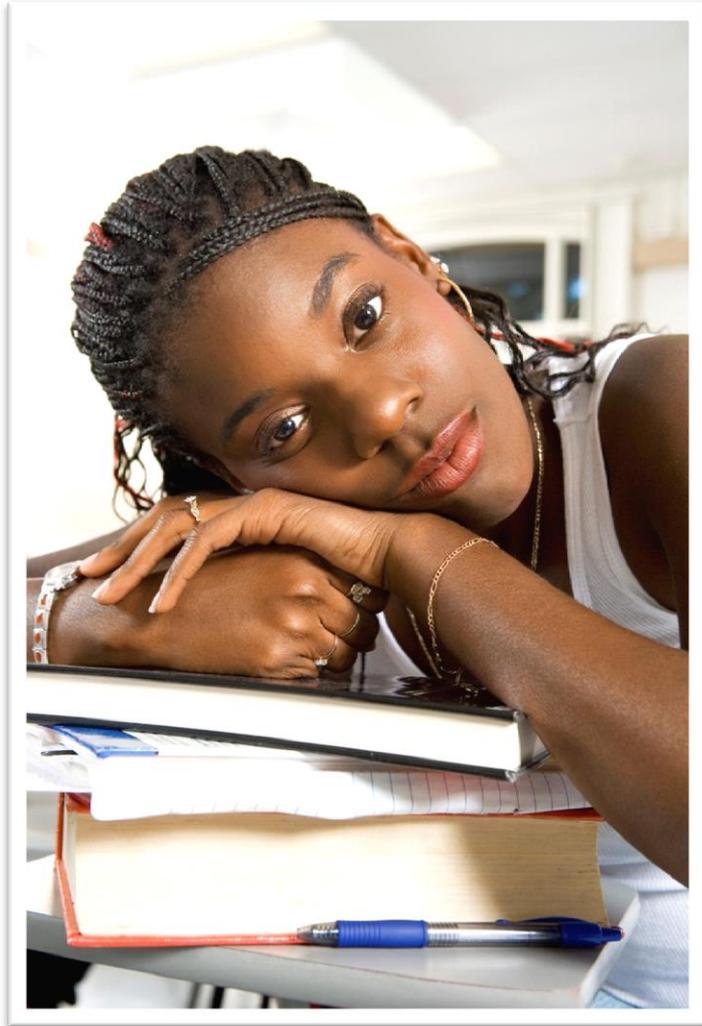


# Sleep!



# How Much Sleep Do Teens Need?



Teens need 8 to 9 hours of sleep every night!

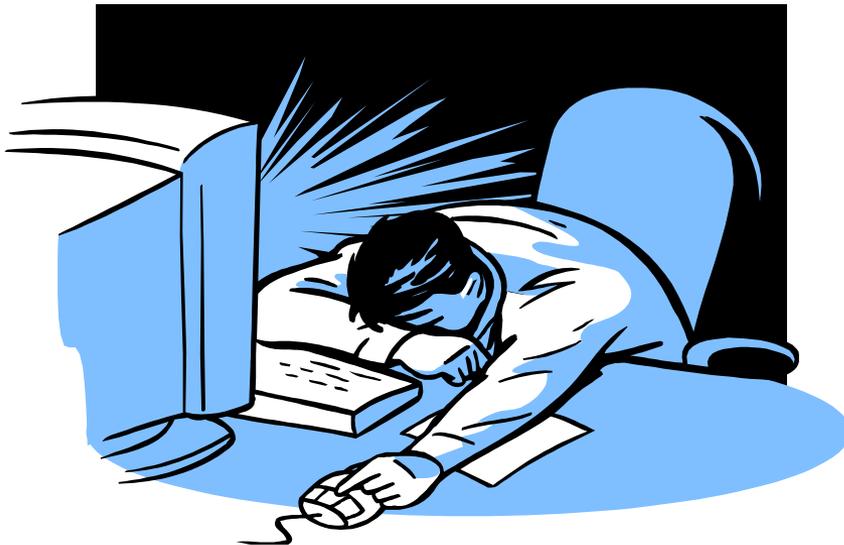
# Sleep Facts

- Sleep is as important as the air you breathe, the water you drink and the food you eat.
- Sleep patterns shift during the teenage years.
- You can't get caught up on sleep by getting more during the weekends.



# What Happens with Too Little Sleep?

- Harder to learn and remember
- Skin problems
- Get angry more easily
- Weight gain
- Get sick more often
- More car accidents.
- Depression
- Serious health problems



# What Happens During Sleep?

- Healing of your body mentally and physically
- Growth hormone is released
- Memories are fixed
- Dreaming
- Different sleep stages



# How to Get More Sleep

- Make sleep a priority.
- Don't nap too long or near bedtime.
- Make your room cool, quiet and dark. Let in bright light in the morning to wake up.
- Try keeping a diary or to-do lists.
- Keep a routine that teaches your body the signals that it's time for bed.



# How to Get More Sleep

- Establish a bed and wake-time and stick to it, coming as close as you can on the weekends.
- Don't eat, drink, or exercise within a few hours of your bedtime.
- Don't leave your homework for the last minute.
- No pills, vitamins or drinks can replace good sleep.
- Try to avoid the TV, computer and telephone in the hour before you go to bed.

