Sleep is one of the most important things you can do to keep your body and mind healthy!

Tips for a Good Night's Sleep:

**DO:**
- Use your bed just for sleeping, not for homework, TV, or anything else.
- Keep your bedroom cool, dark, and quiet.
- Do a relaxing activity before bed like listening to calming music or reading a book.
- Go to bed and wake up at the same time every day (ages 5-12).
- Sleep 10-11 hours each night.

**DO NOT:**
- Stay up late.
- Drink soda or eat chocolate close to bedtime.
- Drink too much caffeine or eat spicy foods before bedtime.
- Watch TV or use other electronics in bed.
- Go to bed at different times each night.

Activities:
- School at home, or in other fun
- Not allowed to do your best in
- Be grumpy or in a bad mood
- Have trouble making good decisions
- Without enough sleep, you could:
- Crying, your day.
- Might have trouble staying awake or
- Enough sleep and without it you
- You are at your best when you get

Stay healthy and fight off sickness.
- Healthy snacks more quickly. Grow healthy muscles, bones, and skin.
- Your body needs sleep so that you can...
Better Health: Way to Sleep Your