

sleep for TEENS



Based on information from
National Sleep Foundation
Adolescent Sleep Initiative

FAST FACTS

Are You a Healthy Sleeper?

Diet and exercise are part of a healthy lifestyle. So is sleep. The problem is, too many people think that sleep is something they can give up to get more things done.

As many as 47 million adults may be putting themselves at risk for injury, health and emotional problems because they are not getting the sleep they need.

They are more likely to feel tired and lack energy, have memory and concentration difficulties, and become irritable in stressful situations.

They also may be increasing their risk for high blood pressure, obesity and diabetes.

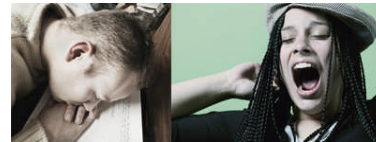
If this sounds like you, here are some tips for healthy sleep:

- * Sleep enough to feel well rested every day.
- * Reduce caffeine, nicotine and alcohol intake, particularly before bedtime.
- * Don't eat or drink too much close to bedtime.
- * Exercise regularly and at least a few hours before bedtime.
- * Use relaxing bedtime rituals.
- * Keep your bedroom cool, quiet and dark.
- * Do not put computers, TV's or any text-messaging devices in the bedroom.

For more information, go to

www.sleepcenters.org/iowasleep/
www.sleepfoundation.org

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