

Get Your Zzzzzz...

Q: How much sleep should I get?

A: Every kid is different, but experts agree that most kids should get at least 10 hours each night.

Q: Why do I need to get my Zzzz's?

A: Every living creature needs sleep to survive. Sleep is super important for keeping your brain and body functioning at their best.

- ★ You may have a hard time concentrating and learning when you don't get enough sleep.
- ★ Getting too little sleep can affect your growth and your immune system. Your body needs sleep to fight off germs.

Q: What are some tips to help me fall asleep at night?

A: Practice good sleep hygiene:

- ★ Go to bed at the same time each night
- ★ Create a calming routine for before bed
- ★ Avoid drinks that may have caffeine such as some sodas or iced tea
- ★ Keep TV and other devices out of the bedroom
- ★ Stop looking at screens about an hour before you go to bed
- ★ Don't watch scary TV shows, movies or video games before bed
- ★ Use your bed for sleeping only

Wind Down Activity Ideas

- ★ Take a shower or a bath
- ★ Drink some herbal tea or warm milk
- ★ Listen to calm music or nature sounds
- ★ Color or draw
- ★ Read a book or magazine (not on a screen)
- ★ Write in a gratitude journal or other diary
- ★ Do some meditation or other mindfulness activities
- ★ Do some gentle stretching or yoga
- ★ Focus on taking slow, deep breaths

My Nightly

Wind Down Routine

1.

2.

3.

4.