



Respect

Communication

Making Good Choices for your Health, Part 1: Getting Enough Sleep

Doesn't it always make you wonder why parents, teachers and school administrators say "start going to bed earlier" weeks before school starts again? Sleep is **crucial** to your overall health...read on for some reasons why and how to maintain good sleep habits.

Good sleep habits are important because...

Sleep deprivation is common in students who are studying long hours. This can cause daytime sleepiness, sluggishness, and difficulty concentrating or making decisions. Teens and young adults who do not get enough sleep are at risk for problems such as automobile crashes, poor grades and school performance, depressed moods, and problems with friends, fellow students, and adult relationships. Long-term lack of sleep is also associated with a number of chronic physical conditions such as diabetes, cardiovascular diseases, obesity, and depression.

Did You Know?

Most teens need about 8½ to more than 9 hours of sleep each night...but about 1 in 4 teens has trouble sleeping. Insufficient sleep can affect everything from our emotions to how well we focus on tasks like taking tests. It can affect sports performance, increase our chances of getting sick, and may even be linked to weight gain.

What Are Some Ideas for a better night's sleep?

- Avoid stimulants like caffeine and nicotine. The stimulating effects of caffeine in coffee, colas, teas, and chocolate can take as long as 8 hours to wear off fully.
- Have a good sleeping environment. Get rid of anything that might distract you from sleep, such as noises or bright lights.
- Stick to a sleep schedule. Go to bed and wake up at the same time each day, even on the weekends.
- Avoid pulling an all-nighter to study.
- **Say goodnight to electronics.** Experts recommend using the bedroom for sleep only. If you can't make your bedroom a tech-free zone, at least shut everything down an hour or more before lights out. Nothing says, "Wake up, something's going on!" like the buzz of a text or the ping of an IM.

If you or your children are having trouble sleeping, please talk to your doctor about what they can do for you.

Whether it's a physical or emotional problem, there are many ways to overcome sleep issues. Also, remember that

DASD has resources that will help your child to work through any academic or social problems that may be concerning them to the point of sleeplessness. Please use them and use Safe Homes!

Health

Trust

Honesty

Safe Homes is giving you the building blocks and tools to create a safe and healthy home environment

Family Values

