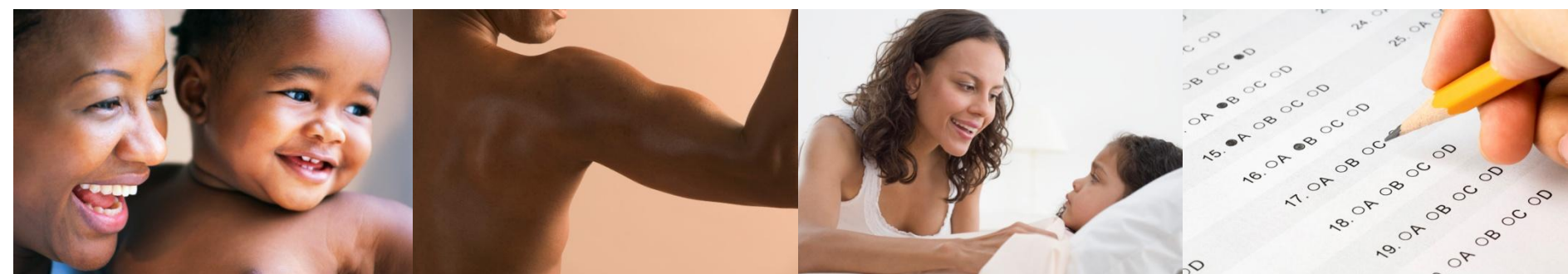




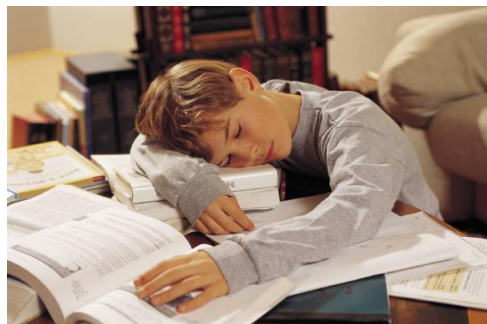
Why Do We Need to Sleep?

- To repair and grow new tissues
- To grow muscles
- To fight germs
- To store memories





Sleep Deprivation



Lack of energy



**Mental confusion
or "brain fog"**



**Lower immune
system**



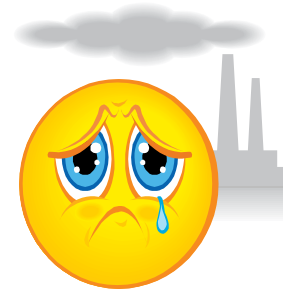
Body aches



Over eat



Moody or angry



Sad



Ways to Get Better Sleep

- Go to bed the same time every night
- Develop a nightly routine
- Calm down your body
- Limit electronics before bed
- Avoid eating and drinking too much or too little before bed

Other ideas?





How Much Do You Sleep?

Sleep between bedtime and midnight

7:30pm to 12pm = 4 hours and 30 minutes

8:00pm to 12pm = 4 hours

8:30pm to 12pm = 3 hours and 30 minutes

9:00pm to 12pm = 3 hours

9:30pm to 12pm = 2 hours and 30 minutes

10:00pm to 12pm = 2 hours

10:30pm to 12pm = 1 hour and 30 minutes

11:00pm to 12pm = 1 hour

11:30pm to 12pm = 30 minutes



If you go to sleep at 8:30pm and wake up at 7am

$$\begin{array}{rcl} \underline{\text{3 hours \& 30 minutes}} & + & \underline{\text{7 hours}} \\ \text{Sleep from bedtime to midnight} & & \text{Sleep midnight to waking} \end{array} = \underline{\text{10 hours \& 30 minutes}} \quad \text{Total sleep}$$