

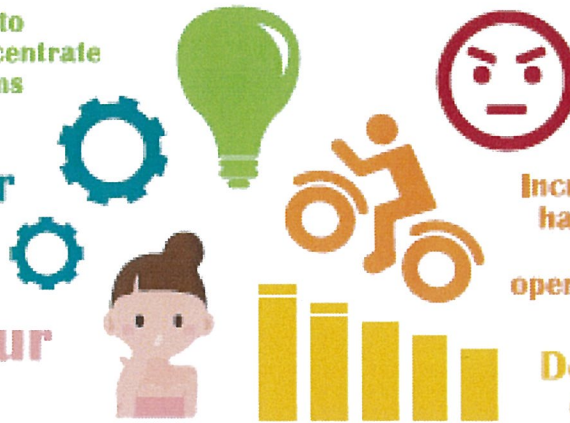
Sleep infographic

Not getting enough sleep can:

Limit your ability to learn, listen, concentrate and solve problems

Affect your memory

Affect your skin



Make you irritable

Increase chances of having an accident esp if driving or operating machinery

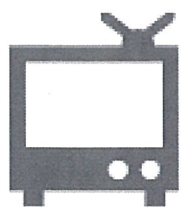
Decrease your energy levels

what about sleep

As a teen, you need about 9 1/4 hours of sleep each night to be at your best

Irregular sleep patterns across the week can affect your biological clock and affect your sleep quality

To get a good night's sleep:



Make your bedroom a haven for sleeping ... not too hot, quiet and dark

Avoid TV or other screens before bed



Avoid eating or drinking before going to bed



Start a bedtime routine perhaps have a shower or read a book every night before bed to help your body know when it is time to go to sleep



It's time to **READ**

Go to bed and get up at the same time every day if you can



Sometimes naps can help but keep them short and don't nap too close to bedtime

Having a great night's sleep can:

Improve your mood

Improve your memory

Improve concentration and problem solving

Decrease chances of having an accident

Increase energy levels

Help keep your skin looking good

Improve your ability to learn and listen