



Sweet Dreams

Did you know that a lack of sufficient sleep can lead to depression, substance abuse, memory loss, and weight gain?



Stick to a regular bedtime. Children with a set bedtime sleep an average of 40 more minutes each night. These kids also experience less fatigue and improved mental functioning throughout the day.



Keep electronics out of the bedroom. The light, noise and stimulation from these devices will **make it more difficult to fall asleep and disrupt normal sleep patterns** if left on.



Create a relaxing bedtime routine. Having a cue that bedtime is coming will **help kids to unwind** and sleep better. Trying taking a warm bath or reading a story before bed each night.



The more active you are during the day, the more tired you will be when bed time rolls around. Try to get **at least 1 hour of physical activity each day.**

Sleep your way to a better mood!

Children who fall asleep easier and sleep longer are more optimistic, which relates to increased self-esteem. The same is true for adolescents and adults, where increased sleep leads to increased self-esteem and better physical and mental health.

