



Getting Enough Sleep



What's up with sleep? It may seem like a waste of time when you've got so much going on. But sleep can help you do better in school, stress less, stay healthy, and generally be more pleasant to have around.

Now consider some possible effects of not getting enough sleep:

- Feeling less motivated
- Getting sick more often
- Feeling angry or depressed
- Having lower self-esteem
- Having trouble learning, remembering and thinking clearly
- Having more accidents, including when driving or using machinery



Tips for better sleep:

 **Go to bed and wake up at the same time every day** – even on the weekends!

 **Exercise regularly.** Don't exercise at the expense of sleep, though.

 **Don't eat a lot close to bedtime.** Food can give you a burst of energy.

 **Avoid bright lights right before bed,** including the ones that come from the TV or the computer. Sleep in a dark room. Darkness tells your body it's time for sleep.

 **Sleep in a slightly cool room.** If you can't control the temperature, try using fewer blankets or dressing lightly.

 **Follow a bedtime routine.** If you do the same things each night before bed, your body will know it's time for sleep. Take a warm bath or shower. Or drink a glass of milk.

 **Wake up to bright light.** Light tells your body it's time to get up.

 **Listen to your body.** If you're feeling tired, go to sleep. If you can't fall asleep within 20 minutes of going to bed, get up and do something else until you feel sleepy.

 **Avoid caffeine.** That means cutting back on coffee, soda, chocolate, and energy drinks — or at least trying not to have any six hours prior to bedtime.

 **Don't nap for longer than an hour** or take naps too close to bedtime.

 **Don't stay up all night studying.** Try doing some each night instead. If you pull an all-nighter, you may be too tired to do well on your test.

 **Set aside time to relax for about an hour before bed.** If your tasks have you worried, write them down to get them off your mind.

 **Remove computers, phones, and other gadgets.** Put your cell phone out of reach so you won't be tempted to use it.



Public Health
Prevent. Promote. Protect.

Montgomery Health Department
Also Serving the Boroughs of
Hopewell – Pennington – Rocky Hill
(908) 359-8211

