

8 HEALTHY HABITS

HABIT 8



GET ENOUGH SLEEP

How much is enough?

13-18 year olds need 8-10 hours per day

Why is sleep important?

Mood: Sleep is connected to mental and emotional health. It has been linked to irritability, depression, anxiety, bipolar disorder, and other conditions. If you are well rested, it is easier to solve problems and face life's challenges.

Cognitive function: sleep impacts memory, concentration, productivity and ability to learn.

Appetite and metabolism: sleep deprivation can increase appetite and slow metabolism leading to poor food choices.

How do I improve my sleep?

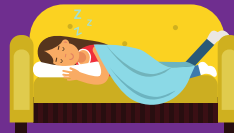
Get plenty of sunlight during the day



Be active during the day



Avoid excessive day napping



Avoid caffeine 4 hours before bed



Go to bed at the same time every night



Avoid screens in the bedroom



Unwind one hour before bed. Try reading, listening to music or mindfulness



If you are not asleep after 20mins, try getting up and stretching

