



How to...

DID YOU KNOW?

About 40% of adult men, 24% of adult women, and up to 10% of children snore when they sleep.



Relax before you sleep.

3 big benefits of better sleep

Here are some of the ways sleep helps you thrive.



Keeps you feeling healthy

While you sleep, your body produces cytokines, a type of protein that helps your body fight illnesses. Without enough sleep, you may miss out on cytokines that could protect you.



Helps you eat smarter

When you're rested, you may find it easier to eat produce, lean meat, and beans. Tired people are more likely to reach for foods high in added sugar or fats, such as cookies or potato chips, studies suggest.



Makes you stronger

Sleep can help you feel better physically. That's because it can give your muscles time to grow and recover. Studies show that getting enough sleep helps basketball players score more shots and football players sprint faster.

Set a smart sleep routine

Getting enough rest can make you happier and healthier.

You have your notebooks and pencils, your laptop is charged, and you're ready to start the school year. But there's something else you need: enough sleep. Most tweens and teens need about 9 to 11 hours of sleep to be their healthiest and do their best in school. If you've been staying up late over the summer, here are the things you can do to get your sleep back on track now and for the rest of the school year.

Set a regular bedtime

When you go to bed around the same time every night, your body gets used to the schedule and you fall asleep more easily. To figure out what your bedtime should be, think about when you have to wake up and work backward, counting the hours to pinpoint what time you need to be in bed. If you want to get 10 hours of sleep and have to wake up at 7 a.m., you would need to be asleep at 9 p.m.



Wake up with energy.

Relax before bed

Give yourself an hour to wind down before bedtime so your body and mind are ready for sleep. Split the hour into three 20-minute segments. Start with 20 minutes to prepare for the next day (pack your backpack, lay out your clothes). This helps you go to bed with a calm mindset and saves you time in the morning. Then set aside 20 minutes for hygiene (shower and brush your

teeth). Finally, for the last 20 minutes, do something relaxing that helps you fall asleep more easily (like reading a book or listening to calming music).

Avoid sleep stealers

Things you eat and do during the day can affect your sleep schedule, too. Try to avoid drinks and food with caffeine (like tea, coffee, soda, and chocolate) in the afternoon and evening, and don't eat a heavy snack close to bedtime. Exercise can help you feel more tired, but working out within a couple of hours before bedtime can make it hard for you to wind down. Try not to text, watch TV, or play video games for at least two hours before bed because the light from the screens—even from a small screen like your phone—can trick your body into thinking it's daytime.

Stay consistent

It's tempting to sleep in on weekends, but oversleeping can mess up your sleep rhythms for the week. Wake at your usual time, or as close to it as you can, to stay well rested all week.

Be patient

It can take two weeks—or even longer—for your new sleep routine to work. If you can't sleep after 20 minutes of lying in bed, it's OK to get up and do something else, like sitting in a comfortable chair to read, until you feel tired enough to drift off to sleep.