

Hot Health News

SLEEP



Are you having trouble staying awake in class? Are your grades slipping or do you fall asleep while trying to do your homework?

YOU MIGHT NOT BE GETTING ENOUGH SLEEP.

Your sleep needs will change over your lifetime but everyone needs at least 8.5 to 9.5 hours to be at his or her best. Remember when you were little and you had a bedtime routine? That isn't a bad idea now. It might not include a story and a lullaby but you can turn down the lights, turn off the TV, or computer early and make sure your room is cool enough.

Keep a sleep diary if you think you are having a real problem and take it to your doctor for help. She can answer questions about snoring, waking up a lot at night or figure out if your medicine is part of the problem.

PARENTS- you can help your teen with sleep.

Realize that as your teen grows his internal clock will change. He may not be able to go to sleep as early as he used to do but he can keep quiet hours after a certain time.

Put up curtains or shades to help block out outside light.

Watch the caffeine consumption. Some people are very sensitive to caffeine and it can take up to 7 hours for it to break down in your body.

Be a good role model for your child. Don't drive when you are sleepy or operate dangerous machinery.

Want more information?
Try this web site
www.sleepfoundation.org



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