**Benefits of Sleep**

- Improves ability to pay attention
- Enhances abstract thinking and concept formation
- Improves verbal creativity
- Promotes ability to handle complex tasks and problem solve
- Helps maintain positive relationships with family and friends
- Enhances alertness and physical performance
- Improves ability to maintain a healthy weight

> Inadequate sleep causes difficulty focusing, behavior problems, increased health problems.

**Sleep Tips**

- Most kids need 9-10 hours of sleep each night.
- Go to bed at the same time each night.
- Getting enough sleep helps you do your best.
- When you sleep, your brain keeps working and your body recharges.
- Sleep in a quiet place since noises keep us awake.
- A warm bath before bed helps us relax.
- Getting enough sleep helps boost brainpower.
- Bodies have a “special clock” that helps us rise with the sun and sleep at night.
- If you don’t get enough sleep, you’ll be tired during the day, and might miss some really important information.
- Keeping a sleep diary helps us see if we need more sleep.
- Drinking sodas with caffeine can keep you awake.

**Resources**

Sleeper Campaign with Garfield: http://www.professorgarfield.org/pgf_StarSleeper
Prescription for Sleep including sleep pyramid: www.prescriptionforsleep.com
Sleep for Kids, games and activities: www.sleepforkids.org