

Name _____

Rest Your Way to a Better You: Sleep Hygiene Secrets



Do you ever feel tired or grumpy during the day? Maybe you have trouble paying attention in school or get easily annoyed with your friends and family. Well, here's a secret to help you feel better and be a nicer person: It's called sleep!

Sleep is Super Important

Sleep is like a magic potion for your body and mind. When you sleep, your body gets a chance to rest and repair itself. It's like charging your phone so it can work better. Without enough sleep, your body and brain can't function at their best.

Sleep Hygiene Tips

- **Regular Sleep Schedule:** Try to go to bed and wake up at the same time every day, even on weekends. This helps your body get used to a routine.
- **Cool and Dark:** Make your bedroom a comfy, dark, and cool place. Use curtains to block out light and keep the room at a comfortable temperature.
- **No Screens Before Bed:** Avoid phones, tablets, and TV at least an hour before bedtime. The bright screens can mess up your body's sleep signals.
- **Relax Before Sleep:** Do calming things before bed, like reading a book, taking a warm bath, or listening to soft music.
- **Limit Sugar and Caffeine:** Avoid sugary snacks and drinks before bedtime, and don't have caffeine in the evening. These things can keep you awake.

Why Rest Makes You Better

Getting enough sleep helps your body and mind in many ways:

- **Memory Boost:** Sleep helps you remember things better, so you can do well in school.
- **Mood Improvement:** When you're well-rested, you're happier and more patient with others.
- **Healthy Body:** Sleep helps your body grow and stay healthy.
- **Energy for Fun:** With good sleep, you'll have more energy for playing and having fun.

Remember, being a better person starts with taking care of yourself. And one of the best ways to do that is by getting enough sleep.

