

Get Some Sleep!*

have a confession to make. As a grown-up now, I really wish I had taken better advantage of nap times at school! As you can tell, this month's healthy kids' column is all about sleep. Sleep is one of the most important parts of leading a healthy lifestyle; for children it is super important. Why? Read on and find out!—Editor.

How much sleep should you get?

For school-aged children between the ages of six and 13, you need nine to 11 hours! Babies, children, and teens need way more sleep than adults do.

Why so much?

Sleeping time is when your body replenishes itself from the busy day you've had. It keeps your immune system in check to keep you from getting sick, and it's the part of your day when your growing body does just that: grow.

How do kids show that they are overtired?

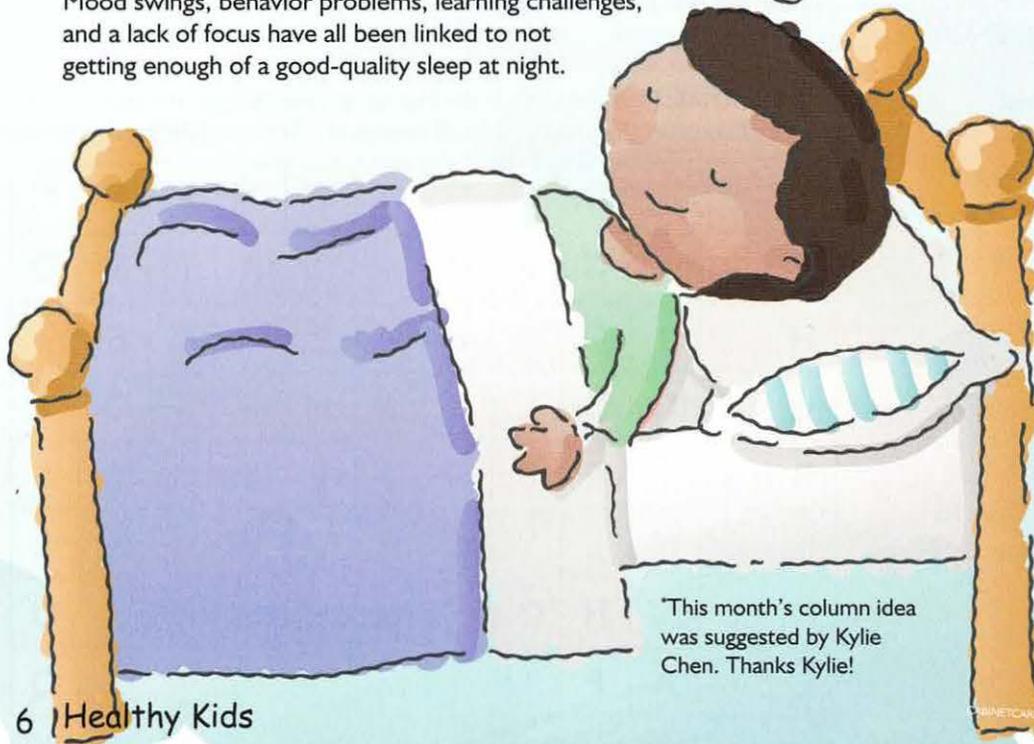
Unlike grown-ups, when kids get really tired they don't always slow down. Some kids actually get kind of hyper, acting as if they don't need bedtime. Guess what? Kids need bedtime!

What happens when you don't get a good night's rest?

Mood swings, behavior problems, learning challenges, and a lack of focus have all been linked to not getting enough of a good-quality sleep at night.

What can you do?

- Stick to a regular bedtime.
- Keep your room cool, dark, and quiet when you sleep.
- Don't watch TV or have screen time close to bedtime.
- Stick to a good routine for getting homework and other activities done on time, so you can sleep when you should.
- Don't forget your nightly time with Jesus before your head hits the pillow!



This month's column idea was suggested by Kylie Chen. Thanks Kylie!