

Fairfax County School Health Promotion November/December Newsletter Articles

Sleep for 9 hours to Recharge



Newsletter and/or KIT

Are you concerned your students did not get enough sleep last night? Their body and brain need time to recharge. Sleeping an average of **9 hours** a night benefits their health and growth. So, do not let their phone or TV get in the way of a healthier and stronger mind and body!

Sleep Tips

- Write in a journal before going to bed to clear the mind
- Sleep in a dark, comfortable room
- Do not sleep with a pet
- Avoid caffeinated beverages (like soda or iced tea) after 3:00 p.m.
- Exercise during the day or early evening
- Once in bed, try a peaceful mind exercise

Watch [the Facebook Live segment](#) where a school public health nurse, a FCPS mental wellness specialist and two FCPS seniors provide tips to optimize classroom performance by simply getting a good night's rest.

References:

<https://sleepfoundation.org/>
<http://www.sleepforkids.org/index.html>
<http://kidshealth.org/en/kids/cant-sleep.html#>
<http://healthysleep.med.harvard.edu/healthy/getting/overcoming/tips>

Hashtag:

#ffxhealthykids

