

# SLEEPY?

It's Impacting Your **HEALTH**

Too little sleep can have negative consequences

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Trouble concentrating

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Drop in grades

#@\*!

Mood swings

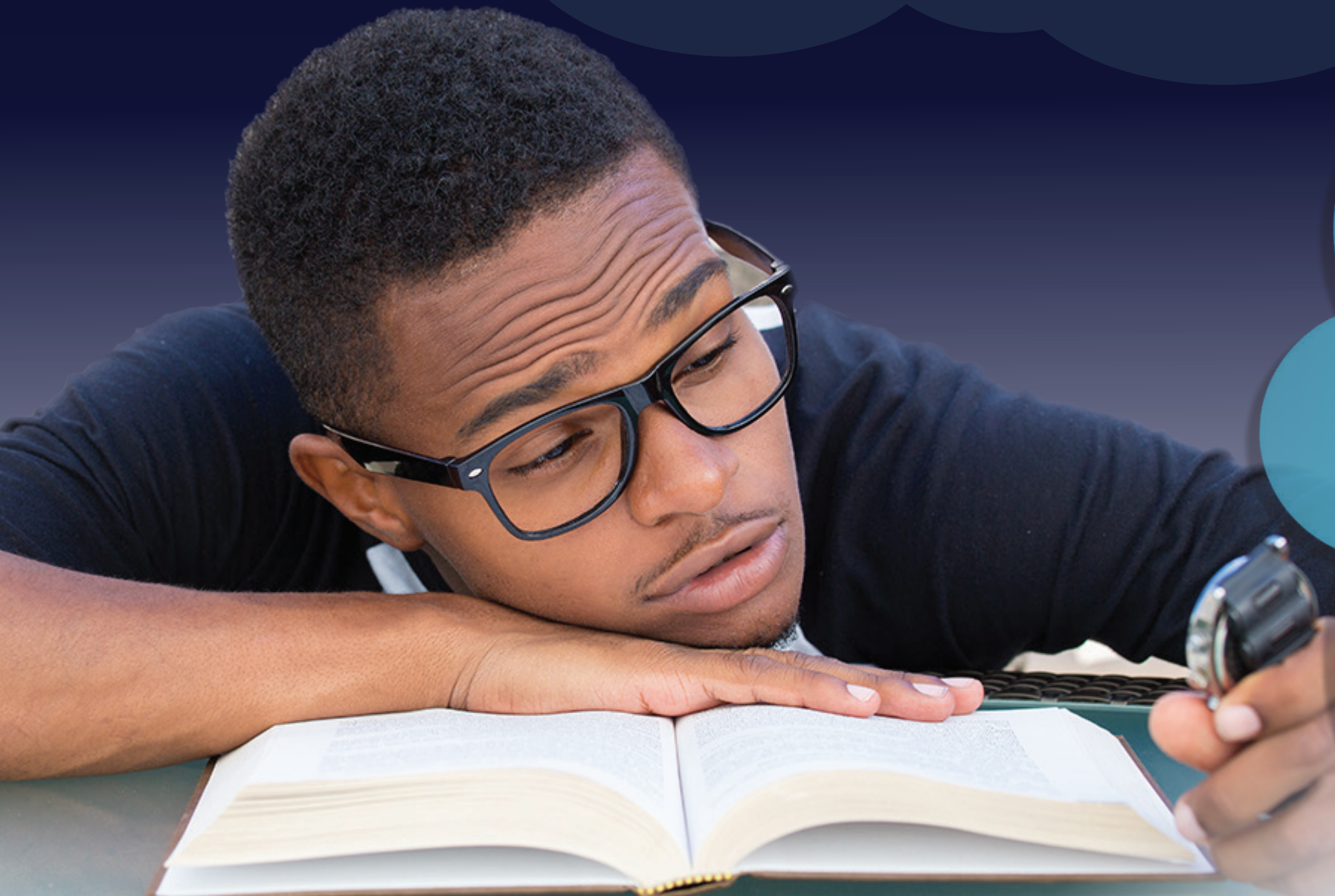
SODA

Unhealthy food choices

Ⓜ

Increase in chronic health conditions

#ffxhealthykids



Fairfax County Health Department  
703-246-2411 • TTY 711 • [fairfaxcounty.gov/hd](http://fairfaxcounty.gov/hd)



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