

Tips for a Good Night's Sleep

Try these tips to have a restful sleep!

If you do the same things every night, your body will begin to know it is time to wind down and get ready for sleep!



If you are struggling to sleep, try some breathing exercises or read a book!



Prepare your bedroom by keeping the lights low and the temperature cool!



Have a glass of milk before bed! It can help your body produce melatonin, a hormone to help you sleep!



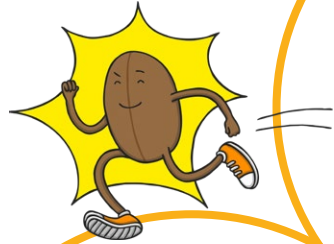
Make sure you get enough sleep. Children between 5 and 12 should get 10-12 hours per night!

Try to get plenty of exercise and fresh air during the day!



Try avoiding these things to have a restful sleep!

Here are some things to avoid having a bad night's sleep!



Eating lots can make you uncomfortable and stop you from sleeping!

Caffeine and sugar can make you stay awake and not let you sleep well!



The light from devices like phones and tablets will signal to your brain to stay awake!



You should turn off TV and computers about two hours before bedtime.

Staying up too late or dozing in the afternoon will mess with your sleep routine!

