

# DID YOU GET A GOOD NIGHT'S SLEEP?

Sleep is very important. We do it every night and it affects how we feel during the day.

## Why is sleep so important?

1. It helps us to concentrate at school.
2. It gives us more energy.
3. It helps improve our mood.
4. It helps us to remember things.



You should get 9-11 hours of sleep every single night! But there are some things that can make it hard to fall asleep.

1. Blue light. If you look at phone or tv screens just before bed it can trick your mind into thinking it is daytime. That makes it hard to fall asleep.
2. Little or no exercise. If you don't burn enough energy throughout the day it can be hard to fall asleep at night.
3. Stress. If you are worried about something, it can be hard to quiet your mind so you can fall asleep.

