

Time for **BED**

Getting Some Shut-Eye

Did You Know?
Teenagers who sleep enough:
> usually have better skin than those who don't sleep enough.
> eat less junk food than teens who don't.
> are less likely to experience depression than those who don't.

Teenagers have to get more sleep! According to researchers, teenagers need to sleep a lot more than adults: eight to 10 hours every night. Sadly, only 15 percent of teenagers sleep eight hours on a school night, and that's just not enough.

Here are three reasons to get more sleep:

Your body needs sleep.
Your body is still growing, and your brain is still developing. Teenagers shouldn't forget how much their bodies need that extra sleep.

Sleep helps you do better in school.
When you're tired, you can't concentrate very well. And when you can't concentrate, it's difficult to learn.

Sleep keeps you healthy.
Without enough sleep, your body gets weak, and it's easy for you to catch colds and other illnesses. Tired people often eat food with more sugar in it, and that isn't good for you.

What can you do to get more sleep?

- > Don't drink anything with caffeine at night, including soda.
- > If you're hungry, have a light snack. That sometimes helps people sleep.
- > One hour before you go to bed, turn off the TV and shut down your computer.
- > Don't take your cell phone to bed with you!