

Catching Some ZZZZZZZs

A good night's sleep is incredibly important to your health. It's just as important as eating healthy and exercising. Consistently getting quality sleep will improve your mental, emotional and physical performance. It improves your immune system, balances hormones, boosts metabolism and improves brain function.

Teens need 8 to 10 hours of sleep to do their best.

Tips for a good night's sleep.

- Make sleep a priority.
- Make your room a sleep haven. Keep it cool, quiet, and dark.
- Avoid caffeine like soda and chocolate late in the day and into the night.
- Establish a bed and wake-time and stick to it. Even on the weekends.
- Avoid the TV, computer, and phone an hour before bed time.
- Try to have the same routine every night before you go to sleep, you teach your body the signals that it's time for bed.



Sweet Dreams

Random fact: Bats sleep while hanging upside down.

Random fact: Otters sleep on the water while floating on their backs.

Random fact: Dolphins shut only half their brain down at a time and sleep with one eye open, known as unihemispheric sleep. That keeps them from drowning.

Random fact: Great Frigate birds can stay in flight for months at a time. This is an impressive feat but even more so when you think about how they sleep in 7 – 12 second bursts.

Random fact: Giraffes sleep for 5 minutes at a time and as little as 30 minutes a day, often times standing up and ready to run.