



Sleep is food for the brain

Lack of sleep is associated with poor grades, acne, inappropriate behavior, and obesity

- 7-12 year olds need 10-11 hours of sleep/night; 13-22 year olds need 9-10 hours sleep/night
- Adolescents naturally fall to sleep later and must rise later to obtain proper sleep amounts
- Establish a consistent bedtime routine even on weekends
- Eliminate light sources in bedrooms such as TV's and computers
- Avoid caffeine from soda, energy drinks, and chocolate, especially later in the day
- Try to exercise earlier in the day

Visit www.sleepfoundation.org
for more information

Parenting *is* prevention



The Barrington Adult Youth Team
Against Alcohol and Drug Abuse