

Want A's? Get Zzzz's!

Does your child have healthy sleep habits? Check the right or left column to determine if your child is getting proper ZZZ's to help get those A's!

When it comes to sleep, my child:

- | | |
|---|---|
| <input type="checkbox"/> Falls asleep whenever and wherever | <input type="checkbox"/> Has a set bed time, and sticks to it |
| <input type="checkbox"/> Uses a laptop, watches TV, or texts before bed | <input type="checkbox"/> Reads, writes in a journal, or other quiet, non-tech activities before bed |
| <input type="checkbox"/> Frequently eats after 8 PM | <input type="checkbox"/> Rarely eats after 8 PM |
| <input type="checkbox"/> Often naps in the afternoon/early evening for more than an hour | <input type="checkbox"/> Does not nap, or limits after-school naps to 40 minutes or less |
| <input type="checkbox"/> Sleeps in on weekends (later than 11 AM) | <input type="checkbox"/> Keeps a consistent sleep schedule on weekends as on weekdays |
| <input type="checkbox"/> Drinks numerous caffeinated beverages | <input type="checkbox"/> Does not/rarely drinks caffeinated beverages |
| <input type="checkbox"/> Falls asleep in class | <input type="checkbox"/> Does not fall asleep in class |
| <input type="checkbox"/> Stays up late or pulls 'all-nighters' cramming for tests/completing homework | <input type="checkbox"/> Does not/rarely stays up past regular bed time completing homework/assignments |



DID YOU KNOW?

- Teens need between 8.5 and 9.5 hours of sleep every night.
- The light and distraction from tech gadgets can disrupt the body's normal circadian rhythm.
- Caffeine disrupts the body's normal sleep patterns, especially if consumed close to bedtime.
- Keeping a consistent sleep pattern on weekends can benefit more than 'catching up' and sleeping in late.
- **Lack of sleep impairs the brain's ability to transfer the information it learned during the day into long-term memory, affecting the ability to remember information!**