

# Learn why sleep is important and how to improve your family's sleep.

## Not Getting Enough Sleep Can Affect Your Health.

Sleep can affect your mood, your work, and decision making. Anyone who has ever had a bad night's sleep knows that it is hard to get through the next day. But did you know what you eat and even what is in your bedroom can make a difference in how well you sleep?

## What Can Keep You Awake?

Remove distractions in your bedroom. This includes television, lights, and even your cell phone. Turning these things off can help you relax. Try to clear your mind before you go to bed. Talk out a problem with someone. Or make a list of things to do the next day. This will help you avoid running through it all while you are trying to go to sleep.

## Why is Sleep Important?

When you are tired it is harder to learn and pay attention. Not enough sleep can affect the decisions you make. You might make bad food choices and feel hungrier. You are less likely to get enough activity. Not enough sleep can also make it easier for you to get sick.

## Setting Aside Time to Relax Before Going to Bed is Important.

Try some of these things to get ready for sleep:

- Take a hot shower or bath
- Drink a warm cup of caffeine-free tea
- Watch an episode of your favorite TV show
- Avoid sugar, caffeine and large meals
- Eat a light snack like crackers and cheese
- Make a to-do list for the next day
- Turn your phone on silent!

## Set a Routine.

A regular bedtime and wake time helps to get your body and mind in a routine. By sticking to a schedule, even on the weekends, you will have more regular sleep patterns that will help keep you feel rested all day.

