

HEALTH TIPS

from Rosie Roo



Hi Friend!

It's May, which means summer vacation is just around the corner!

You're probably spending a lot more time outside as the days get longer. If you're staying up later than usual, it may be harder to get enough sleep at the start of this summer season.

Did you know that getting good sleep is just as important to your health as eating healthy and exercising? It's true!

You probably feel tired and cranky when you don't get enough sleep at night. It can make it hard to concentrate on what's happening during your day.

You have so much going on from the time you wake up in the morning to the time you decide to go to sleep at night. You have to get up early and go to school, you might take care of a pet or a sibling, spend time with your friends, go to sports practice or after school activities. Then you may have to come home and clean your room or do your homework. Phew! That is a long day. Your body needs sleep so that you can do that all over again tomorrow.

Why?

While you sleep, your [brain](#) is busy trying to put together all of the information you learn each day. Most kids need at least **eight** hours of sleep each night or more. Because you are still growing each and every day, you will need to get your sleep so that you keep on growing the way you should. Getting lots of sleep also helps you so that you won't get sick.

Having trouble falling asleep? Try some of these bed time tips to make it easy!

- Try to go to bed at the same time every night. This will help your body get into a sleepy-time routine.
- Don't drink [caffeine](#) before bed! Soda, tea, and coffee all contain caffeine, which can keep you awake.
- Try not to fall asleep in front of the TV. If you have a TV in your room, try turning it off before you close your eyes. You will get a much better sleep without it.
- Have your parents ever told you to wind it down before bed? That's because it's important that you do less activity before trying to sleep so your brain feels nice and relaxed.
- If you seem to have a hard time trying to sleep for more than a couple nights in a row, be sure to let an adult know!

Did you know animals need sleep too? Can you guess who needs more sleep? [Take the quiz by clicking here](#)



ASK (About Special Kids)

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