

# THE 5 Gs OF GOOD SLEEP HYGIENE

## YOUR NO.1 SUPERPOWER

Sleep sends chemicals to your brain and body to tell you to grow.

### Grow



### Group



Sleep organizes, what you learn and experience everyday into groups, so you can remember things easier later on.

Sleep removes brain garbage from the day; keeping your thinking pathways clear.



### Garbage



### Germ Fighters

Sleep keeps your germ fighters strong to fight off the bad guys that can make you sick.

### Glad

Sleep sends chemicals to your brain and body that make you happy or make you happier.



### How Much Sleep Do You need?

\*American Academy of Sleep Medicine

3 - 5 years old: 10 -13 hours

6 -12 years old: 9 -12 hours

13 -18 years old: 8 -10 hours



# 7 Ways to Fuel Your Sleep Superpower!

1. Exercise outside during the day or inside if needed.



2. Instead of eating a big meal before bed, have a glass of milk or light, healthy snack.



3. Avoid sodas with caffeine or other sugary drinks or foods; especially after dinner.



4. Turn off all screen time devices at least one hour before bed.



5. Sleep in a cool, dark, quiet place

## Shh!



6. Go to bed at same time every night and do relaxing things before bed like taking a warm shower, reading books, or listening to music.



7. If you are unable to sleep, practice a breathing exercise and repeat until you fall asleep.