

MY LIFE-FIT HABITS IMPROVE YOUR

How Important is Sleep?

Being Life-Fit means having a healthy mind and body. Getting enough sleep is important for feeling happy and wellness. Having the right amount of sleep can make you feel happy. Getting enough sleep can:

- Help you do better at school because you can concentrate and think more clearly
- Help you be attentive – it is hard to concentrate when you are sleepy
- Help your body to rest and keep healthy
- Help you be more creative and imaginative, and more able to solve problems
- Helps you behave – when you are tired you can feel irritable. Getting enough sleep helps you to remain calm and handle situations effectively

Try this Life-Fit Challenge

For one month, don't take any electronic device into bed with you.

Put devices on charge outside your bedroom to ensure you don't feel tempted.

Sleep easy!

How much sleep do you need?

According to research:

6 to 13 years old, you need:

9 – 11 hours' sleep per night

14 to 17 years old you need:

8 – 10 hours' sleep per night

What can I do to boost my sleep?

- Have a good regular bed routine; make sure your bedroom is comfortable (temperature, light)
- Set bedtimes and wake times – and keep these regular
- No TV/screen time one hour before bed
- No high sugar or spicy food or caffeine drinks 3 - 4 hours before bed
- Finish eating 2 to 3 hours before bed – digestion competes with sleeping
- No vigorous exercise 1 hour before bed
- Try going to bed half an hour earlier
- Don't daytime nap
- If you need to read for 10 mins, do so, and then roll over and close your eyes and go to sleep. If you struggle to go to sleep try some deep breathing exercises

Check out this helpful app to track your health and well-being
<https://play.google.com/store/apps/details?id=ie.spunout.miyo>

How to get extra help to **boost** your health and well-being

Try our other tip sheets. Speak to your parents, your teachers, your counsellor or another important adult you trust. Try these support websites:

www.eheadspace.org.au

www.youthbeyondblue.com

http://raisingchildren.net.au/understanding_sleep/understanding_school_age_sleep.html