

Highlander's Handbook of Health and Wellness





CHAPTER 1:
Physical Rest



BENEFITS OF GETTING A GOOD NIGHT'S REST

- Increased memory and learning
- Better overall health
- Perform tasks better
- Enjoy life more fully
- Positive mood

FUN FACT:
Sufficient sleep leads
to clearer skin.

DRAWBACKS FROM NOT GETTING ENOUGH SLEEP:

- ✿ Lower short term memory and lower grades
- ✿ Leads to aggressive or inappropriate behavior
- ✿ Increased risk for drug use
- ✿ Physical disease
- ✿ Negative mood



If I wake up at 6 AM
then I should go to
sleep by 9 or 9:30 PM.

How much sleep to I need?

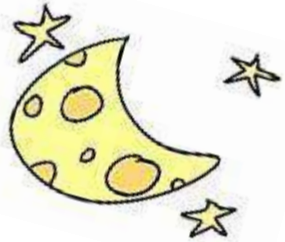


**8 TO 10 HOURS PER
NIGHT**

According to the
National Sleep Foundation

SLEEP

FOOD FOR THE BRAIN



What can I do to sleep better?

- Limit electronic use (TV, Computer, Phone, etc) for one hour before bedtime
- Try to go to bed around the same time each night
- Don't nap in the afternoon
- Limit caffeine intake closer to bedtime
- Don't exercise right before bedtime
- Do homework early enough to get to sleep on time
- Create a bedtime routine of reading or writing instead of looking at social media



DISCUSSION:

- How much sleep do you get on school nights?
- What keeps you from going to sleep at an early enough time to get your 8-10 hours?
- What is one thing you could start doing differently to help you get to sleep on time?