School Health
Tips to Help You Learn and Grow

Five Ways to Help You Sleep Better

1. **No soft drinks, especially before bedtime.** Soft drinks, such as orange pop and root beer, can keep you up at night. Choose water or milk instead.

2. **Turn off the TV, computer and other devices.** Playing video games or watching TV can make it hard to settle down at night. Plus, the light from TV, computers, video games and other devices can make it hard to fall asleep.

3. **Don’t go to bed hungry.** A small, healthy snack - such as fruit, string cheese with crackers or a bowl of whole-grain cereal - is OK at bedtime. Don’t eat chocolate and sugar.

4. **Make sure your room is comfy and cozy for sleep.** Closing your blinds and using a fan to quiet outside noise, such as barking dogs or traffic, can help you fall asleep faster.

5. **Don’t nap in the late afternoon.** Although you might be tired from a long day at school, taking a nap could make it difficult to fall asleep at bedtime.