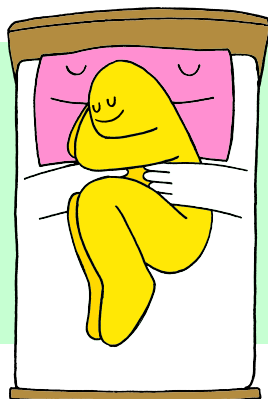

Sleep



SLEEP AFFECTS OUR EMOTIONS, IMMUNE SYSTEM AND OUR APPETITE. IT IMPROVES LEARNING, MOOD AND ENERGY LEVELS, AND HELPS PREVENT DISEASE.

Discussion Questions

1.

What signs do your body and mind give you when you are starting to feel tired?

2.

What conditions do you need to get a good night's sleep?

3.

What changes do you notice when you're feeling well rested?

Take Action

1. Try to go to bed at the same time every night.

2. Set up a bedtime routine. What do you like to do to get ready to go to sleep?

3. Notice how you feel when you get enough sleep, and notice how you feel when you don't. What is one thing you want to try to do this week to get a good night's rest?

