

# School Health Promotion Morning Announcements

JANUARY: Get Enough Sleep



## Cell Phone Analogy:

*[Start speaking here.]*

What do you do when a cell phone runs out of batteries at the end of the day? You plug it into the wall to let it recharge overnight! Your brain and body need to recharge like phones do, but instead of electricity, they need **sleep**.

Doctors say school kids should get 9-10 hours of sleep a night. Why? Sleep helps your body fight off sickness; grow muscles, bones and skin; and repair injuries. A good night's sleep also helps you pay attention longer, solve problems more easily, think of new ideas and get along better with your friends, family and teachers. If a cell phone loses its charge, it stops working. Without sleep, you might get grumpy, forget things or get sick.

So recharge yourself ... with sleep!

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