

School Health Promotion Morning Announcements

JANUARY: Get Enough Sleep



Short:

[Start speaking here.]

“Time for bed!” You hear it from your parents every night – and sometimes you say, “Noooooooooooo!” Tonight, think about this when you go to bed: Doctors say kids our age should get 9 to 10 hours of sleep a night.

Why? Sleep helps your body to fight off sickness; to grow muscles, bones and skin; and to 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.

So... recharge yourself with sleep!

###

