Fairfax County School Health Promotion
December Morning Announcements

December Energy Train: Sleep for 9 and you will shine!

Announcements (Elementary)

1. This is your wellness wake-up call. Do you know a koala bear is one of the sleepiest animals on the planet? They sleep 18-20 hours a day! Kids don't need that much sleep, but should get at least 9 hours each night to keep our bodies strong and our brains smart.
2. This is your wellness wake-up call. What do you do when a cell phone battery runs out? You recharge it! Just like a cell phone, our bodies and brains need sleep to recharge. Get to bed on time every night to feel great every day.
3. This is your wellness wake-up call. The light from cell phones, TVs, video games and iPads can actually make it harder to fall asleep. We need at least 9 hours of sleep each night so our bodies stay strong and we can learn. Turn off your phone and other electronic devices 30 minutes before you go to bed.
4. This is your wellness wake-up call. Sleep is an important part of staying healthy and doing well in school. To help you get at least 9 hours of sleep:

- go to bed at the same time every night
- don't do homework in bed
- turn off cell phones, TVs and iPads at least 30 minutes before "lights out"
- get exercise during the day.

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Two-student dialogue:

Student #1: (snoring sounds)

Student #2: Hey wake up! You're drooling on your desk!

Student #1: Wha…? Oh no! I fell asleep again?

Student #2: Why are you so tired?

Student #1: I was up late playing my favorite video game. Now I feel awful and I can't focus.

Student #2: Kids like us need to go to bed on time every night so we can get at least 9 hours of sleep.

Student #1: But isn't it annoying to have to go to bed so early?

Student #2: No, I take a bath and then listen to quiet music before I go to bed. Sometimes I ask my mom or dad to read a book to me. I get to bed on time and feel awesome in the morning.

Student #1: Those sound like good ideas! I'll try to get to bed on time tonight.

{End}

Resources:

http://www.cdc.gov/sleep/index.html

http://www.nhlbi.nih.gov/health/health-topics/topics/sdd/howmuch

http://sleepfoundation.org/sleep-topics/children-and-sleep

http://healthysleep.med.harvard.edu/healthy/

References:

http://sleepeducation.org/images/article-images/classroom-poster.jpg?sfvrsn=0.6962997277732939

http://www.fitday.com/fitness-articles/nutrition/3-ways-to-burn-calories-while-you-sleep.html

http://www.washingtonpost.com/news/to-your-health/wp/2014/12/22/ipads-tablets-smartphones-disrupt-good-sleep-study-finds/

http://www.cdc.gov/Features/Sleep/

http://sleepfoundation.org/ask-the-expert/electronics-the-bedroom

http://sleepfoundation.org/how-sleep-works/myths-and-facts-about-sleep

http://pediatrics.aappublications.org/content/early/2014/08/19/peds.2014-1696.full.pdf+html

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