

SLEEPY?

YOU Need a Good Night's Rest!



When you get 9 or more hours of sleep a night... YOU:

2+2

Think better!



Get better grades



Have less mood swings



Make better food choices



Stay healthier!

#ffxhealthykids



Fairfax County Health Department
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A Fairfax County, Va., publication, October 2017. For more information or to request this information in an alternate format, call the Fairfax County Health Department at 703-246-2411, TTY 711.

