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

COUNTY OF FAIRFAX · VIRGINIA · 1742

SCHOOL HEALTH SERVICES
HEALTHY KIDS
READY 2 LEARN