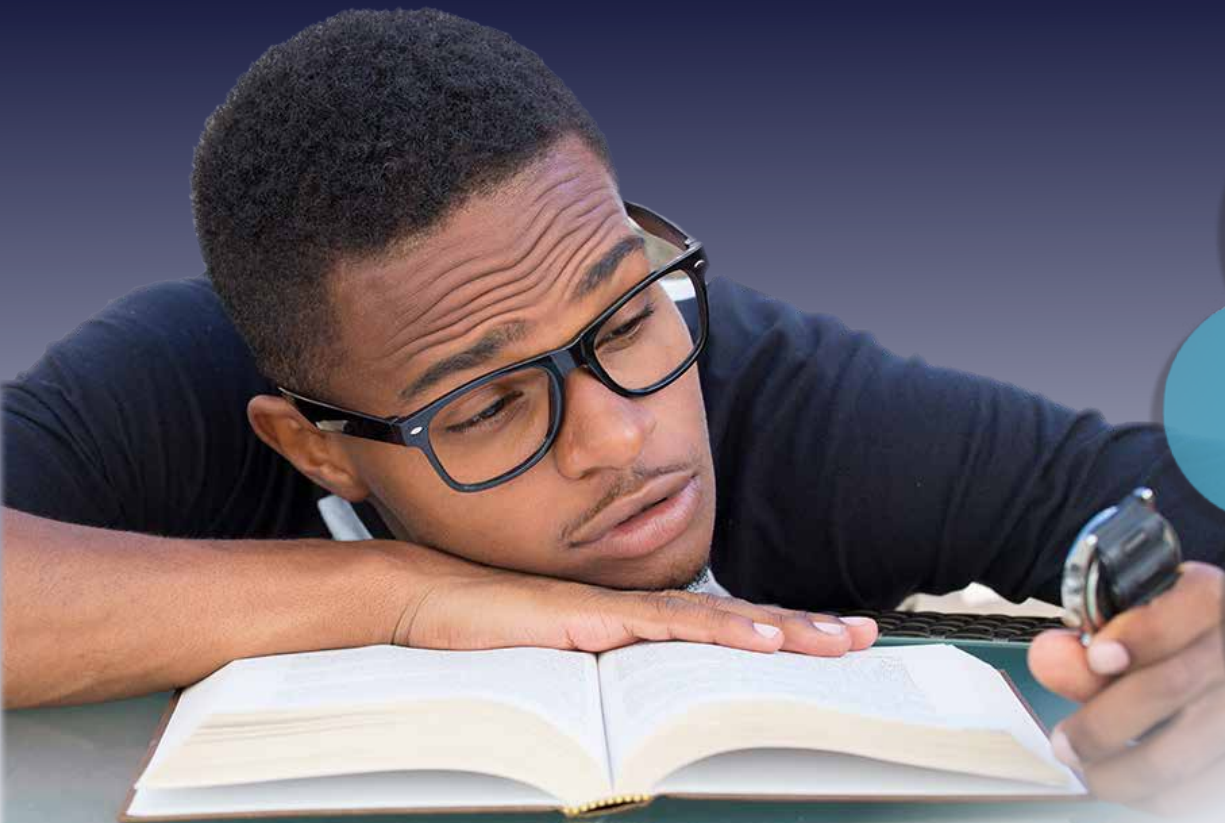


# SLEEPY?

It's Impacting Your **HEALTH**



Too little sleep can have negative consequences



Trouble concentrating



Drop in grades



Mood swings



Unhealthy food choices



Increase in chronic health conditions

*#ffxhealthykids*



Fairfax County Health Department  
703-246-2411 • TTY 711 • [fairfaxcounty.gov/hd](http://fairfaxcounty.gov/hd)



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