

# Fairfax County School Health Promotion November/December Morning Announcements



## More Sleep = A Smarter and Healthier You!

### Announcements (Elementary)

#### Two-student dialogue:

**Student 1:** \*Yawn\* Oh man, I almost fell asleep in class again!

**Student 2:** Did you stay up late last night?

**Student 1:** Yeah, I was playing a new video game. My mom told me to turn it off, but I couldn't save it yet so I had to finish the level.

**Student 2:** You really should start going to bed earlier! Kids our age need at least 9 hours of sleep.

**Student 1:** I try, but I just can't fall asleep easily, it's so hard!

**Student 2:** Well, why don't you try to turn off your video game earlier? My dad says to turn it off a half hour before bedtime, and that helps me fall asleep faster.

**Student 1:** Oh really? I love my new video game, but sleeping more might help me stay awake in school too.

**Student 2:** Definitely! It will help you pay attention and do better in class.

**Student 1:** That's exactly what I need! I'll try to start playing my game earlier, and then turn it off before bedtime. Thanks for your help!

END

