

# Fairfax County School Health Promotion November/December Newsletter Articles



## More Sleep = A Smarter and Stronger You!

### Newsletter and/or KIT

Are you concerned your students may be sleepy during class? Encourage them to get to bed earlier. Their brain needs sleep to help them focus and pay attention. Their body needs sleep so their muscles and bones can grow, which will help them become stronger.

### Sleep Tips

- Have a sleep schedule by going to bed at the same time every night
- Sleep in a dark, comfortable room
- Avoid big meals before bedtime
- Do not drink sodas with caffeine, especially in the afternoon and night
- Exercise and play at least 3 hours before bed
- Develop a bedtime routine by doing the same relaxing things before going to sleep

Watch [the Facebook Live segment](#) where a school public health nurse, a FCPS mental wellness specialist and two FCPS seniors provide tips to optimize classroom performance by simply getting a good night's rest.

### References:

- <https://sleepfoundation.org/>
- <http://www.sleepforkids.org/index.html>
- <http://kidshealth.org/en/kids/cant-sleep.html#>
- <http://healthysleep.med.harvard.edu/healthy/getting/overcoming/tips>

### Hashtag:

#ffxhealthykids

