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