

SLEEP

...zzzzzz



The Body's Natural Power Switch

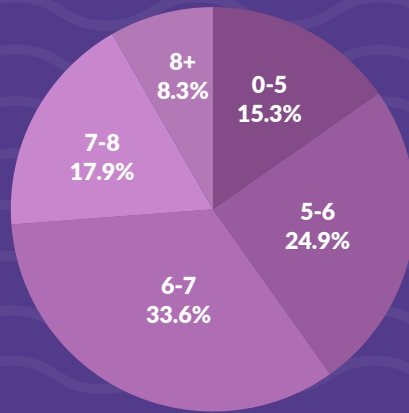
How many hours do you sleep per night?

*data was collected from BHS students via survey

~91.7%

of BHS students are not sleeping the recommended amount.

According to The National Sleep Foundation, teens are recommended to sleep 8-10 hours every night.



CONS FROM LACK OF SLEEP

SHORT-TERM

Mood Swings

Reduced Alertness

Cognitive Impairment

Drowsiness

LONG-TERM

Heart Disease

High Blood Pressure

Obesity

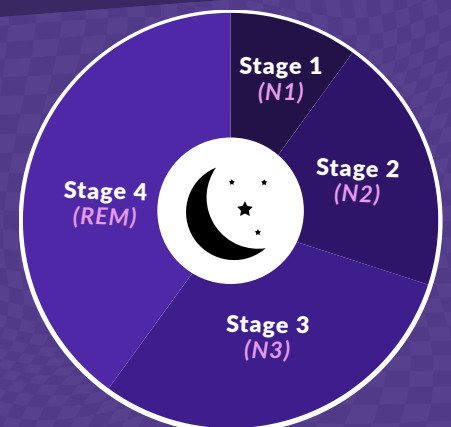
Depression



THE SLEEP CYCLE

Every night, the body's internal 24-hour clock signals the release of melatonin, causing it to cycle through the four stages of the sleep cycle every 90 to 120 minutes.

- N1:** Falling asleep
- N2:** Light sleep
- N3:** Deep sleep
- REM:** Vivid Dreaming



TIPS TO SLEEP BETTER



Exercise



Limit daytime naps



Manage stress



Keep a routine



Avoid caffeine