

# Maggie's Health Tips



Volume 3 April 2018

## How to Catch Your ZZZs

For most kids, sleeping comes pretty naturally. Here are some tips to help you catch all the ZZZs you need:

- Try to go to bed at the same time every night; this helps your body get into a routine.
- Limit foods and drinks that contain caffeine. These include some sodas and other drinks, like ice tea.
- Don't watch scary TV shows or movies close to bedtime because these can sometimes make it hard to fall asleep.
- Don't exercise just before going to bed. Do exercise earlier in the day — it helps a person sleep better.
- Use your bed just for sleeping — not doing homework, reading, playing games, or talking on the phone. That way, you'll train your body to associate your bed with sleep.
- If you have a hard time falling asleep for more than one or two nights or have worries that are keeping you from sleeping, tell someone. They can help you solve your sleep problems.



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