

## Everyone Needs Their Rest...



## But How Much Sleep?

1. **Everyone has an internal clock that helps control your sleep cycle.** As you go through puberty your internal clock (a.k.a. circadian rhythm) will go through changes, which may cause you not to feel sleepy until later at night.
2. **Staying up late to study or socialize can mess up your internal clock even more and keep you from getting the 8 to 9 hours of sleep you need.**
3. **What else can cause you to get less sleep than needed?**
  - Part-time jobs
  - Homework
  - Extracurricular activities
  - Social demands
  - Early morning classes
4. **Is this a big deal? Yes!** Not having enough sleep can make it difficult to concentrate and learn or even stay awake in class. Being sleepy and then getting behind the wheel may cause serious – even deadly – accidents.
5. **What can you do? Take action tonight!**
  - **Adjust the lighting.** As bedtime comes, dim the lights. Turn the lights off during sleep. In the morning, open up the shades and turn on the lights.
  - **Stick to a Schedule.** Try to go to bed and get up at the same time every day, even on weekends.
  - **Don't take long naps.** If you are sleepy during the day, a 30-minute nap may help, but longer naps may make it harder to fall asleep at night.
  - **Curb the caffeine.** Too much caffeine can make it hard to get a good night's sleep.
  - **Keep it calm.** Wind down at night. Do things that calm you down. Don't do activities that will keep you awake, such as web surfing or video games. It may be necessary to keep the TV, computer and cell phone out of your bedroom at night.
6. **Is it something else?** For some, daytime sleepiness can be a sign of something more than a problem with your internal clock. You should discuss any concerns you may have with your doctor.

**We're here to help.** To learn more about UIC-Specialized Care for Children's programs and services, check out our website at:

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