

If you *don't* snooze, you lose!

DO

- Go to bed around the same time every night.
- Follow a calm bedtime routine, like taking a bath or reading a book.
- Get comfy – not too hot or too cold.
- Talk with a parent or guardian if something is bothering you.
- Sleep in a **quiet** room.
- Sleep in a **dark** room.



DON'T

- Watch TV, play video games, or use a phone, tablet, or computer right before bedtime.
- Play loud music or watch a scary movie.
- Sleep with your dog, cat, or goldfish.
- Drink soda, iced tea, or other drinks with caffeine.
- Sprinkle sugar on your head to have sweet dreams!



Most kids need **10 to 11 hours** of sleep each night to help them do their best at school.