HOW SLEEP CAN MAKE YOU STRONG

HABITS FOR A NEW SEASON

Are you getting enough sleep?

You’re probably aware that it’s super important to eat a well-balanced diet so you get enough nutrients to help you grow and become strong — both for your own wellbeing and so you can be an effective change maker for girls around the globe.

But did you know that getting enough sleep is also really important for your wellbeing? Girls and young women like you should be getting eight to 10 hours¹ of shut-eye a night as your bodies are growing and going through a ton of changes.

But research² shows that over half of 15-17 year olds sleep seven hours or fewer per night. And your health and emotions can suffer if you’re not getting enough sleep, which means you’re not operating at full strength in your school work or as an advocate for global change. Having too little sleep can make it harder for you to pay attention in class or concentrate when you are taking a test. If your sleep is disrupted in the night (maybe from your phone going off), that may also affect your mood.³

But don’t worry, there are lots of things you can do to make sure you get enough sleep to build your inner strength:

EAT SMART
Eating a large meal late at night can keep you awake — and it probably isn’t good for your metabolism — so try and have your evening meal a few hours before going to bed.

GET INTO A ROUTINE
Get to bed on time to make sure you get at least eight hours of sleep before your alarm goes off. It’s a good idea to get into a routine of going to bed and waking up at the same time.

TURN OFF YOUR PHONE
Do you keep your phone next to your bed so you don’t miss out on a message or social media update? If you do, be strong and turn it off so it doesn’t interfere with your sleep. Lights from electronics like smartphones, laptops, tablets and TVs can interfere with your body’s ability to go to sleep. Your body responds to darkness by lowering your body temperature and heart rate to prepare for sleep and lights interfere with this process. Not only that, but if you read or see something that evokes excitement, fear or other emotions, it makes it even more difficult for your body to relax and rest. Try to avoid using your electronic devices an hour or two before bedtime and turn them off so they don’t wake you in the night.³

GIVE YOURSELF THE BEST CHANCE TO BE AWESOME AT LIFE, AND MAKE SURE YOU GET ENOUGH SLEEP. YOUR BODY WILL LOVE YOU FOR IT.

¹La National Sleep Foundation (Fundación Nacional del Sueño), una organización estadounidense sin fines de lucro que promueve la consciencia pública acerca del sueño y los trastornos del sueño
²Encuesta estadounidense sobre el sueño de 2014 de la National Sleep Foundation ‘Sleep in the Modern Family’ (Sueño en la Familia Moderna).