Why do we need quality sleep?

Learning
It helps to consolidate memory (i.e., preserve key memories and discard excessive information) for better learning.

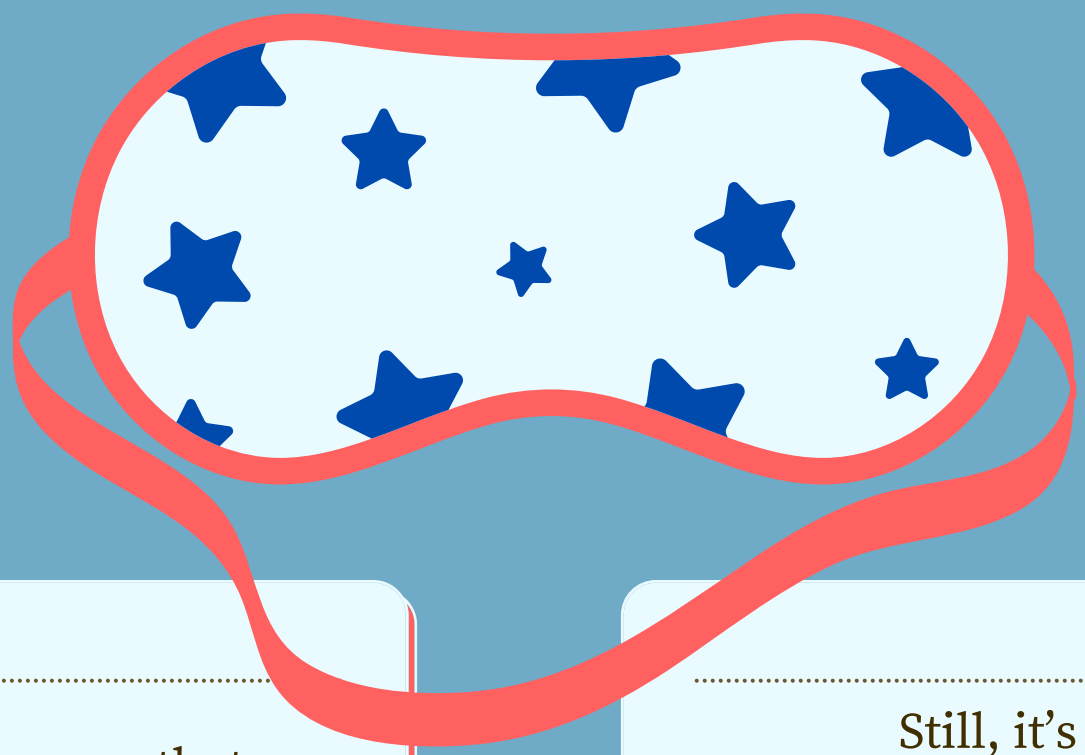
Brain
It helps in the development of the part of the brain used for memory.

Energy boost
Mental well-being
It helps with mood regulation, the ability to control one's mood and emotional state.

Health
It helps to boost our immune system, while giving our body time to restore itself and replenishenergy for the next day.

https://www.healthhub.sg/programmes/mindsg/caring-for-ourselves/sleeping-well-teens#homey memories and discard excessive information) for better learning.

GET ENOUGH SLEEP



It's been proven that people who don't get enough sleep suffer from health problems, lack of focus, irritability, and mid-day slumps. The **ideal amount of sleep is 7-8 hours**, but it varies for everyone.

Still, it's not recommended to go with less than 6 hours for more than a day or two. So don't stay up late, **turn off the electronics an hour** before bed to calm your brain, and make sure your bedroom is dark and quiet.

Sleep Hygiene

WIND DOWN

EXERCISE

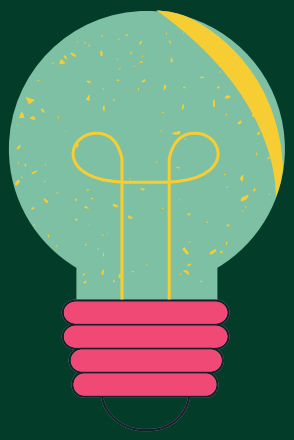
ROUTINE

AVOID
FATTY FOODS

LIMIT
ELECTRONICS

AVOID
STIMULANTS

COMFORTABLE
TEMPERATURE



ADEQUATE
DARKNESS