

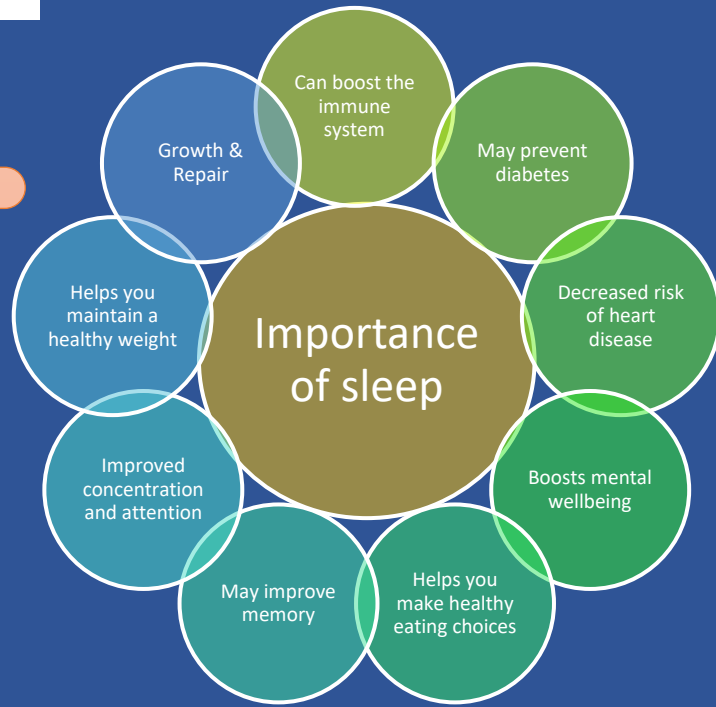


# Sleep



## Sleep Tips

- Establish a regular sleep pattern & keep bedtime routines consistent
- The bedroom should be quiet, comfortable, and dark.
- Keep TV's, computers, and other electronic devices outside the bedroom
- A warm bath or shower
- A light, healthy snack might help before bed
- Avoid caffeinated beverages throughout the entire day, or at least by lunchtime
- Exercise during the day, and outdoors in daylight, will promote good sleep



## How much sleep do you need?

Age (years)	Hours
4	11h 30 min
5	11h
6	10h 45 min
7	10h 30 min
8	10h 15 min
9	10h
10	9h 45 min
11	9h 30 min
12-13	9h 15 min
14-16	9h
Adults	7-9h

# Breakfast

Remember that prior to breakfast you will have gone for up to 10 hours without eating anything, the evidence says it's extremely important for children to have breakfast.

## Importance of a healthy breakfast

Can help you concentrate

Will help keep blood sugar levels stable

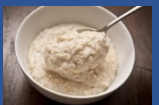
Prevents unhealthy snacking before lunch

Provides the energy you need to start the day

A good way to kick off your 5 a day

## Healthy Breakfast Options

Porridge



Wholemeal Toast with butter

Grilled english breakfast

Natural yoghurt with fresh fruit



Low sugar breakfast cereals

Omelette

