

Signs of Lack of Sleep

Noticeable signs of sleep deprivation include:

- excessive sleepiness
- frequent yawning
- irritability
- daytime fatigue

Stimulants, such as caffeine, aren't enough to override your body's profound need for sleep. In fact, these can make sleep deprivation worse by making it harder to fall asleep at night. This, in turn, may lead to a cycle of nighttime insomnia followed by daytime caffeine consumption to combat the tiredness caused by the lost hours of shut-eye. Behind the scenes, chronic sleep deprivation can interfere with your body's internal systems.

Good Sleep Habits

- Sticking to a consistent sleep schedule during the school week AND weekends. Going to bed at the same time each night and waking up the same time each morning.
- Limiting light exposure and technology use in the evenings. (Media curfew for electronics, limiting where children use their devices.)
- Make sure your bedroom is quiet, dark, relaxing, and at a comfortable temperature.
- Avoid large meals and caffeine before bedtime. Reduce fluid intake.
- Exercise. Being active during the day can help you fall asleep easier.
- Establish relaxing bedtime routine.

Information gathered from the CDC and Healthline.



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