# A HEALTHY AMOUNT OF SLEEP

Some days I love to sleep; I have to admit it to you. Well, frankly it would be hard to deny. After all I'm a bear and I hibernate for months on end. But I must confess, other days, sleep gets in the way. There are so many things I want to do, games I want to play, things I want to see, and it can be a real party pooper when bed time rolls around.

So if you are going to remain healthy, there is a right amount of sleep that you need.

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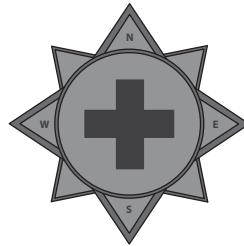
EARN THIS NUGGET

• Create a plan to get the sleep you need. Work backwards from the time that you have to get up and calculate what your bed time should be.
• Be in bed on time for two weeks straight.

• Lack of sleep is a detriment to your daily life. When you stay up to get something done, the next day you'll be that much less effective with everything else you have to do. Lack of sleep literally dumbs you down and drastically effects your memory.

• It can also cause serious health issues including heart disease, high blood pressure, and diabetes to mention just a few.

• It affects your mood. At best making you unpleasant to be around and at worst causes full blown depression.

So, bottom line, I don't care what you have to get done, a sensible regular bed time is essential for a happy, healthy you.

• Three- to six-year-olds should get around eleven to thirteen hours of sleep a night.

• Seven-to-twelve-year-olds, ten to eleven hours of sleep.

• Teenagers should get at least nine hours per night.

• Adults, seven to nine hours.

Another factor to getting the sleep we need is allowing our brain to slow down before we go to bed. Getting off the computer an hour or two before bed time, reading a book, and generally winding down will go a long way to preparing our body and mind for the rest it needs.