Sleep

By Vince Ganzberg
I ♥ SLEEP
Why Sleep?

Brain processing

Memory consolidation

Less obesity

Stamina improved

Reaction Time

Running Speed
### Age Considerations

<table>
<thead>
<tr>
<th>Age Range</th>
<th>Recommendations</th>
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| 5-8 years  | • 10-12 hours  
             • Napping?  
             • Snoring?  
             • Keep light minimal at night |
| 9-12 years | • 9-11 hours  
             • Sleep alone  
             • Declining school performance |
| 13-18 years| • 8-10 hours  
             • Time to fall asleep?  
             • 8:30 a.m.? |
Tips

“Time for bed”

Dark Room
Cooler
Firm
Wake
Time
“Ok so before Saturday, make sure you:
1) Eat nutritional foods
2) Drink plenty of water
3) Get plenty of sleep!”
Acknowledgements:

Russell Foster-TED Talk

Dr. Christopher Winter-Sleep Medicine