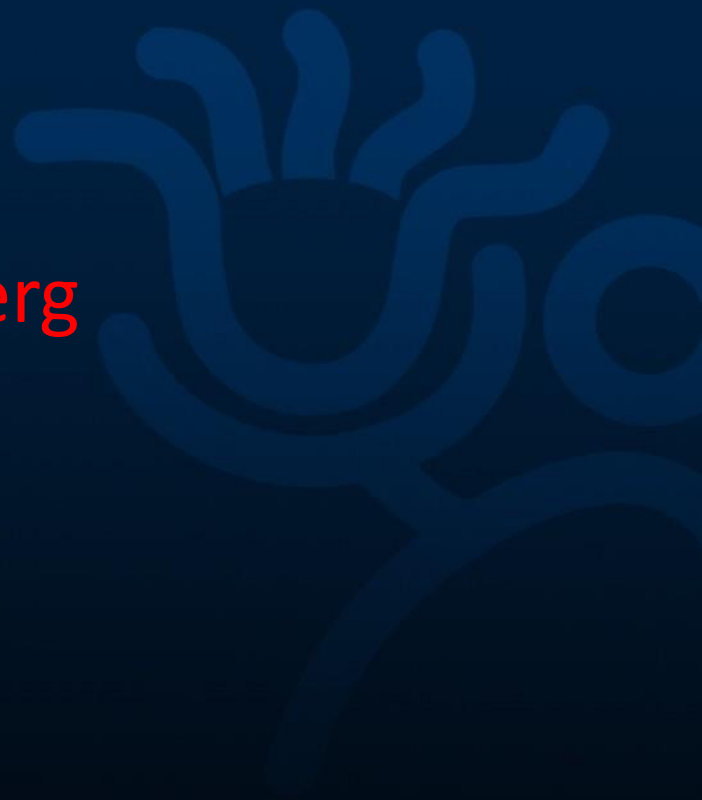


# Sleep

By Vince Ganzberg



I ♥  
SLEEP

# Why Sleep?

Brain processing

Memory consolidation

Less obesity

Stamina improved

Reaction Time

Running Speed



# Age considerations

## 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

