



FOR YOUTH DEVELOPMENT\*  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



EAT HEALTHY



PLAY EVERY DAY



GET TOGETHER



GO OUTSIDE



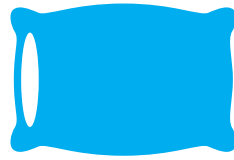
SLEEP WELL

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[ymca.net/healthy-family-home](http://ymca.net/healthy-family-home)

# QUICK START KIT: SLEEP WELL



## Rested and Ready to Grow

One of the best ways to raise healthy kids is to make sure they—and you—get enough sleep. A healthy family depends on it.

### KEY HEALTHY HABITS

#### ► The More the Better

Based on their ages, children need different amounts of sleep. Doctors recommend between 10 and 12 hours per day for kids between the ages of 5 and 12. When children do not get enough sleep it can cause moodiness and impact their ability to learn in school. Additionally, recent studies have found links between sleep and obesity in children. It may seem strange, but the more hours that kids sleep the less likely they are to become obese.

#### ► Make Rest Your Priority Too

Restful sleep also has important short- and long-term health benefits for adults, including a role in maintaining our healthy immune system, metabolism, mood, memory, learning, and other vital functions. Researchers are also beginning to point towards the benefits of sleep for the prevention of heart disease and other chronic conditions. Doctors recommend seven to eight hours per night.

### FAMILY GOAL EXAMPLES

Try getting the family together to select one of the following goals or come up with your own. To begin, go for something that is realistic and achievable. In one week, get back together to see how you did and what you learned. Take into account this week's experience, set another goal and keep going. You can do it!

1. This week, I will read one bedtime story to my child each night.
2. This week, we will turn off the TV one hour before bedtime.
3. Three times this week, the adults will be in bed before \_\_\_\_ p.m.
4. Three times this week, the kids will be in bed before \_\_\_\_ p.m.
5. Each day this week, I will not have any caffeine after \_\_\_\_ p.m.

**Our own:** \_\_\_\_\_

Use the Healthy Family Home progress tracker to keep tabs on your goals.



# PROGRESS TRACKER



PICK A NEW HABIT AND FILL IN A STAR EACH TIME YOU TRY IT.



EAT HEALTHY

OUR GOAL

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



PLAY EVERY DAY

OUR GOAL



GET TOGETHER

OUR GOAL



GO OUTSIDE

OUR GOAL



SLEEP WELL

OUR GOAL



Learn more at: [ymcatwincities.org](http://ymcatwincities.org)

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