



VIBE ON-LIFE

Are you getting enough sleep?

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Bedtime							
Wake-up time							
Total hours of sleep							

Sleep Goals:

Babies < 1 year old: 14-15 hours per day

1-3 years old: 12-14 hours per day

3-6 years old: 10-12 hours per day

7-12 years old: 10-11 hours per day

12-18 years old: 8-9 hours per day

Sleep Tip:

Kids need their sleep for optimal mood, metabolism and focus in school. Many kids don't get enough sleep. Keep all screens (including cell phones, tablets, laptops, computers and TV's) out of the bedroom because the blue light affects kids' sleep. One study found that kids with screens allowed in their bedrooms on average slept 20 minutes less each weekday night. That adds up to about 2 hours and 20 minutes less sleep per week and a whopping 121 hours of lost sleep over the course of a year!!!



We're here for you. Reach out for anything you need:

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