

SCHOOL IS OUT SLEEP IS IN!



Summer might mean longer days, more sunshine, and family vacations, but it also means **prioritizing sleep!** Use these tips to help everyone in your household get quality rest, even when school's out.

BE CONSISTENT

Go to bed and wake up at the **same time** every day, even on weekends and vacation

- Establishes a routine
- Helps regulate your body's internal clock
- Makes it easier to fall asleep



PLAY OUTSIDE

During the day:

- See sunlight for at least 15 minutes in the morning
- **Move** your body to promote deeper sleep
- Avoid long or late **naps**



CREATE YOUR OWN SLEEP SPACE

Keep your bedroom:

- **Dark** with lights off and curtains if needed
- **Cool** with a fan or air conditioning
- **Quiet** by turning off noisy distractions
- **Comfortable** with supportive bedding, using your bed just for sleeping



AVOID DISRUPTORS

- Cut off caffeine 8 hours before bed
- Finish heavy meals and foods high in sugar at least 3 hours before bedtime
- Set screen time limits on electronics to avoid staying up too late at night



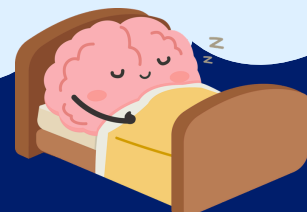
RELAX & UNWIND

At least 30 minutes before bedtime:

- Turn off electronics
- Take a warm bath and change into comfortable pajamas
- Choose calming activities like reading or coloring to tell your brain it's time to rest



Creating **healthy sleep habits** for your family now will encourage **consistent, restful** sleep throughout the summer and make transitioning back to school in the fall easier!



Learn more:



daviscountyutah.gov/health/sleep