

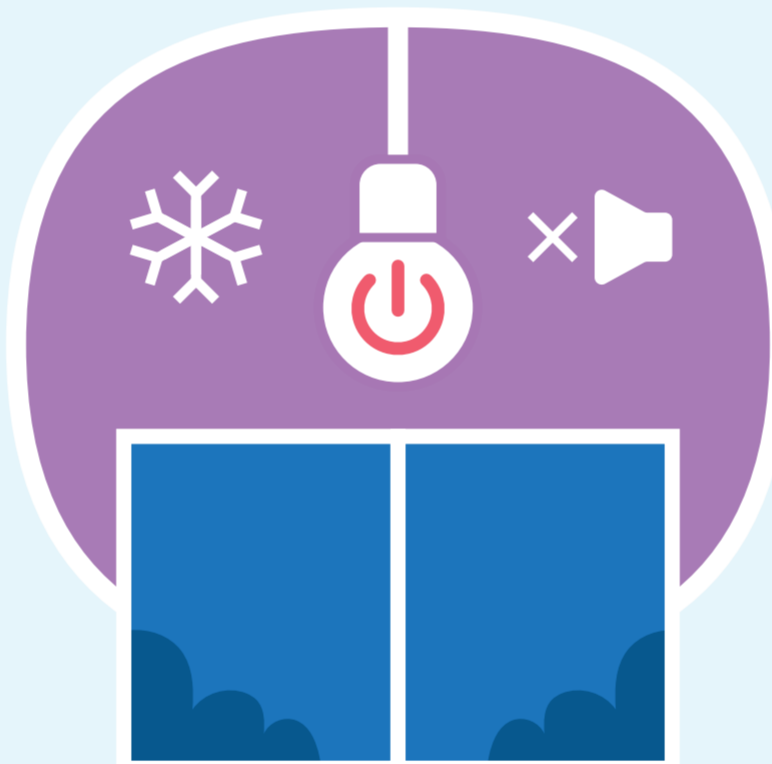
Lack of Sleep Can Cause Weight Gain



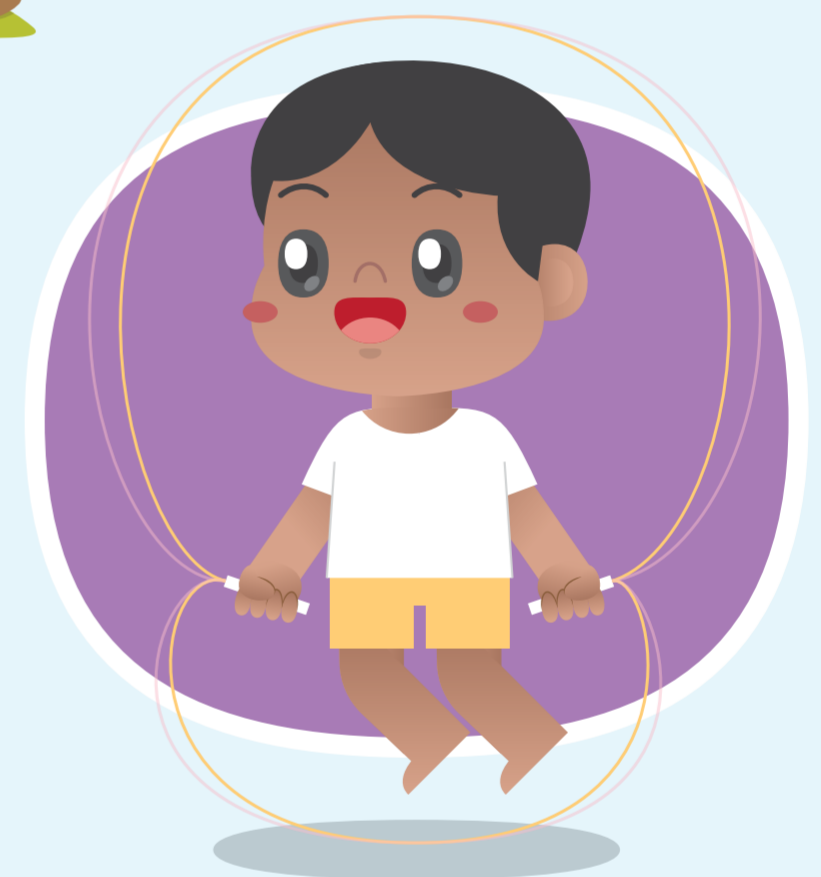
Insufficient sleep may increase the desire to eat more high fat and sugary foods, leading to weight gain



Create a **consistent** bedtime routine and avoid using electronic devices 1 hour before bedtime



Keep the bedroom **dark, cool and quiet**



Be active during the day for a good night's sleep



Sleep recommendation

5-13 years: at least 9 hours
14-17 years: at least 8 hours



Scan here for healthy habits to help your child sleep better!

