

# Healthy Monday

Week 1

Monday Sept 14,

## S-E-E For Yourself Monday

**S-E-E** For yourself Monday is a three week campaign to promote nutritious eating, sleeping, and exercising. Each week for the next three weeks tune in for the next aspect of the campaign. Today let's look into healthy sleeping habits and how sleep deprivation can negatively affect us.



**Sleep** maintain a healthy balance of rest



**Eat** have a well balanced, nutritious diet



**Exercise** get a good balance of exercise regularly

Challenge yourself to get the recommended amount of sleep at least 3 or 4 nights this week.

### Up Ahead:

- How a healthy diet can improve your life.
- What tests have shown exercise can do for you.

## Are you developing good sleep habits for your future?

Studies time and time again have proven that not enough sleep can...

- Cause an increase of stress hormones, and a decrease of metabolism.
- Cause a decrease in

GPA and negatively effect academics due to loss of focus.

- Negatively effect our mental health and suppress immune function.
- Reduce long-term

memory formation because while we sleep our brain replays recent experiences.

So what is the recommended amount of sleep?

**At least 7 to 8 hours a night.**