

# SWEET DREAMS.



Most adults need 7-8 hours of sleep a day, but infants need 16, younger kids need 10-plus, and teens still need at least 9. **The trouble is that most American adults sleep less than 7 hours a night**, and for many of us (even for many busy teens) six hours might seem like a pretty sweet deal. Well, it isn't! **If you don't get enough sleep, your body doesn't "adjust" or get used to it.** And if you don't

sleep enough for several

nights in a row, **you'll run up a "sleep debt"** and need to catch up to even have a chance to perform at your best. **But when do you catch up?** If you sleep later on the weekends, you can throw your sleep cycle off, so you can't get to bed early on Sunday night -- **and then you start the same sleep-deprived cycle all over again.** The answer is to **try to sleep more throughout the week**, so you won't incur that debt (or at least as much of one) in the first place!

the big number

7.2

The average number of nightly hours of sleep for adults in a study who were allowed to fall asleep and wake up naturally.

**EAT BETTER. PLAY HARDER.  
LIVE HEALTHIER. LEARN EASIER.**

**WELLNESS IS A WAY OF LIFE!™**

*USDA is an equal opportunity provider and employer.*

# WELLNESS IS A WAY OF LIFE!™

HELPING YOUR WHOLE FAMILY FEEL WELL AND DO WELL!

"SWEET DREAMS"

## EAT BETTER

Try lots of different fruits, veggies, and whole grains for a healthy diet. You're bound to find a few you really like!

### CHERRIES

Cherries are one of the few food sources of melatonin, a substance that helps your body regulate sleep patterns and ensure good, quality sleep. Participants in a study who drank 8 ounces of tart cherry juice twice a day for 2 weeks slept nearly 84 minutes more per night!

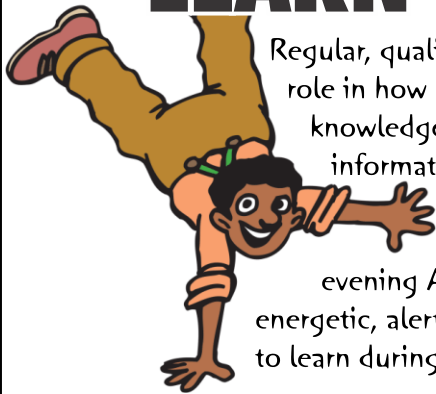


## LIVE HEALTHIER

We evolved to take our sleep cues from the cycles of light and dark. Your body's production of melatonin -- that hormone that helps regulate your sleep cycle -- is dictated by light exposure. But just in the last few generations we've had to adjust to 24/7 light. You can take steps to get closer to your natural cycle and sleep better at night. During the day, get as much exposure to daylight as you can, by opening shades and working closer to a window. In the bedroom, banish TV and computer screens and use low-wattage light bulbs, don't read a back-lit device in bed, and keep the room as dark as possible while you're sleeping. Then, when you get up in the morning, let the sunshine in right away again!



## LEARN EASIER



Regular, quality sleep plays a key role in how your brain processes knowledge and remembers information. Sleep helps lock in learning from the previous day and evening AND makes you more energetic, alert, confident, and ready to learn during the day ahead.

## PLAY HARDER

Exercise right before bed (even if it's vigorous) won't keep most people from getting to sleep. If that's the best time for you to work out, give it a try, and see how exercising at night affects you. In the long run, regular exercise at any point in the day will help you sleep more regularly, too.



### First things First



### BREAKFAST @SCHOOL

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Featuring Healthy Fruits & Grains!

**School Meals**  
We serve education every day™

Over the last three school years, we've been putting in place a number of changes to make our meals even more nutritious for our customers.

*New this year:* All food sold at schools (not just school meals) must meet criteria for whole-grain content, calories, sodium, fat (including saturated fat and trans fat), and total sugar.



**DON'T 4 GET!**  
Take at least **ONE**

**FRUIT** or **VEGGIE**

and at least **THREE** items total so your meal counts as a complete lunch!



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