**Seventh Week: Sleep and Screen Time**

**Sleep:**

* Sleep is key when we are still growing and staying healthy
* Sleep allows the body to recover and rejuvenate itself for each day that we go through
* Having a routine can become key in an individuals life
* A routine allows the body to know when a particular event is coming based on the activities done
* The body can become relaxed based on events and knowing that sleep is coming
* It can be beneficial to stop using electronics before bed because some peoples brains and eyes may become to stimulated from the light
* If an individual has trouble sleeping some good methods to help is listening to calming music or sounds, taking a shower, or activities such as reading

**Screen Time:**

* We as a population are becoming to dependent on electronics and screens in our everyday life
* We need to set limitations on how much we use screens, especially for children still developing and growing
* If individuals are watching TV find a routine that incorporates exercise or some form of physical activity to do between shows or during commercial breaks
* To lower screen time for everyone families should plan activities outdoors or doing things that have no screen time whatsoever such as board games or cooking

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