

GET CONNECTED WITH SLEEP RESOURCES!

VISIT:

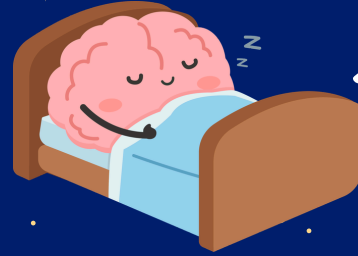
daviscountyutah.gov/health/sleep

Or scan the
QR Code!



SLEEP SHAPES SUCCESS

SLEEP YOUR BEST TO BE YOUR BEST!



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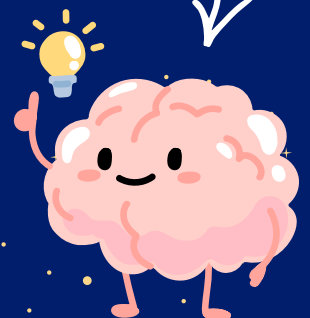
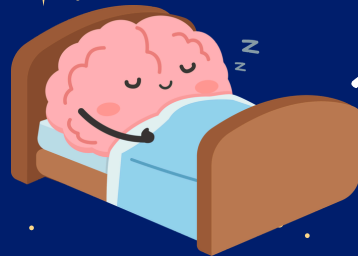
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HOW MUCH SLEEP DO I NEED?

AGES:

0-12 months: 12-17 hours

1-2 years: 11-14 hours

3-5 years: 10-13 hours

6-12 years: 9-12 hours

13-18 years: 8-10 hours

Adults: 7-9 hours

Older Adults: 7-8 hours

How many hours of sleep do you need each night?



_____ hours



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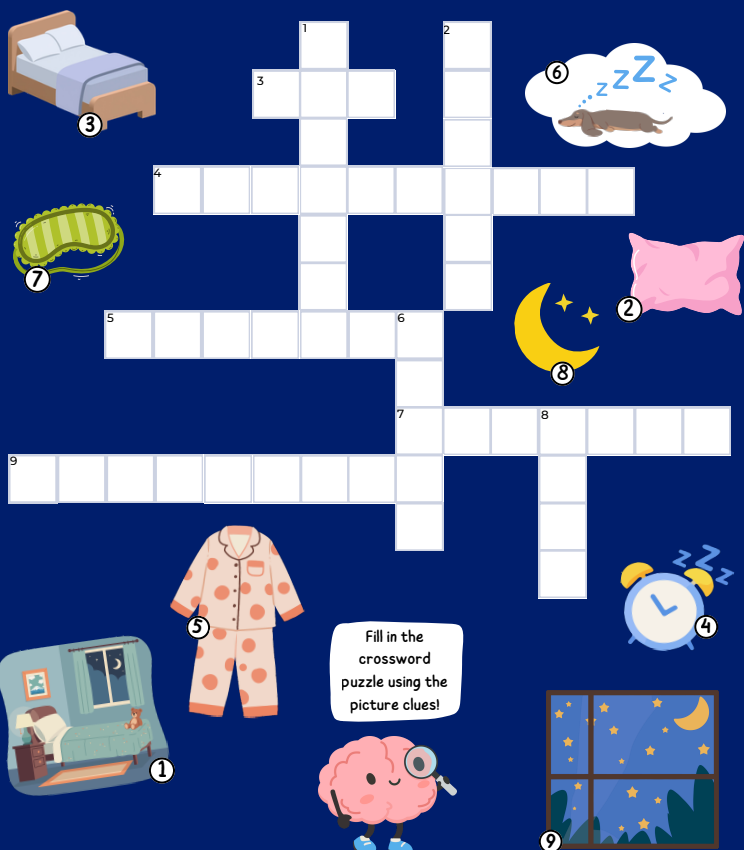
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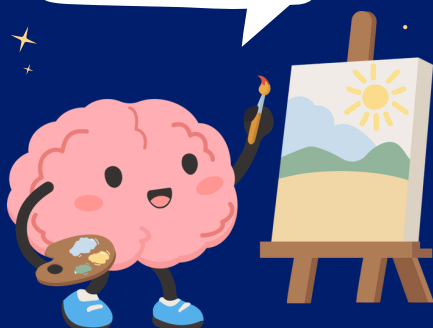


WIND DOWN (AND ACROSS)!

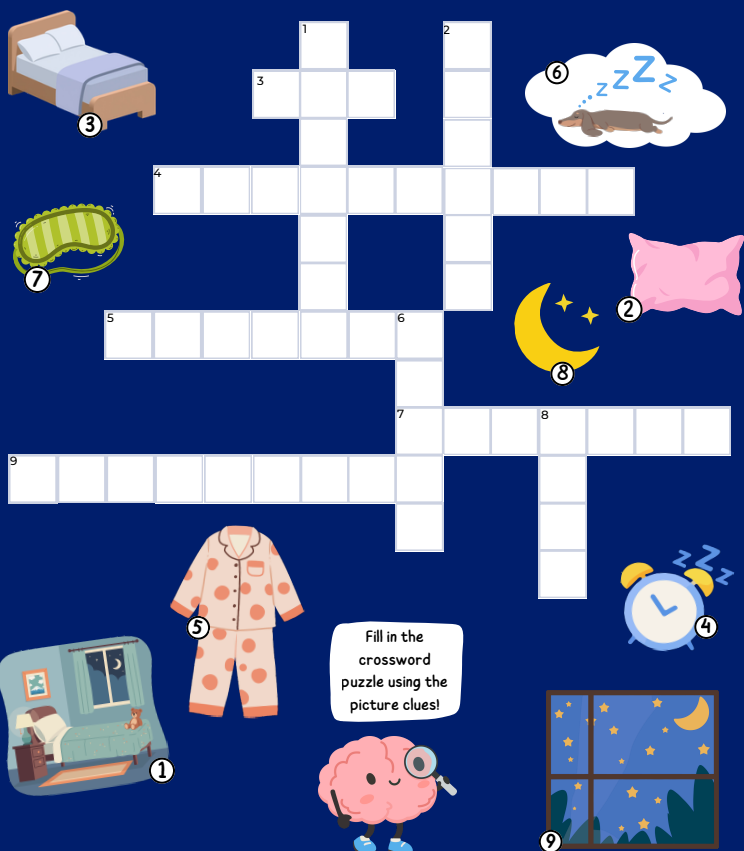


1) Bedroom 2) Pillow 3) Bed 4) Alarm Clock 5) Pajamas 6) Sleep 7) Eye Mask 8) Moon 9) Nighttime

Get your body ready for rest by doing activities that help you relax, like reading, drawing, or journaling!

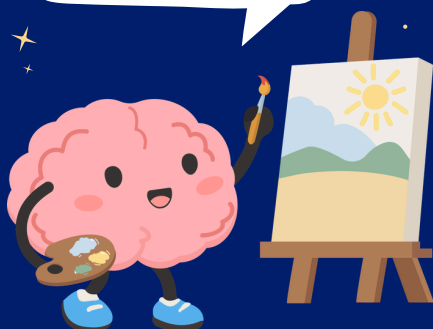


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SLEEP DISRUPTORS WORD SEARCH

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G H G Q C X N T Y D B Q W O T H J N
Y V X A N X I E T Y B I X D T E T M
N N O T I F I C A T I O N S G A V M
U B Y E H T L K C X I O X B C V J D
W A K T O C E L L P H O N E S Y Z U
E C A F F E I N E S Y G S D H M U N
V H O N Z S U G A R D D L X Y E V O
V I D E O G A M E S G L T U X A L I
G J S O C I A L M E D I A N J L I S
M N Y F W B L U E L I G H T O S D E
S T R E S S I S T O E R Y E R H F W

ANXIETY CELL PHONE NOTIFICATIONS SUGAR
BLUE LIGHT HEAVY MEALS SOCIAL MEDIA TELEVISION
CAFFEINE NOISE STRESS VIDEO GAMES

Sleep disruptors are things that keep you awake at night and stop you from sleeping your best!



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Y V X A N X I E T Y B I X D T E T M
N N O T I F I C A T I O N S G A V M
U B Y E H T L K C X I O X B C V J D
W A K T O C E L L P H O N E S Y Z U
E C A F F E I N E S Y G S D H M U N
V H O N Z S U G A R D D L X Y E V O
V I D E O G A M E S G L T U X A L I
G J S O C I A L M E D I A N J L I S
M N Y F W B L U E L I G H T O S D E
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