

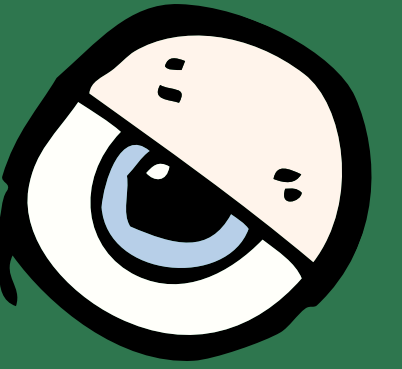


CPY is a Drug Free Community Support Grant Program. These posters were developed in part with Placer County HHS, under grant no. 1h79SPO15810-01 from the Office of National Drug Control Policy and SAMHSA. The views, opinions, or policies of ONDCP, SAMHSA or HHS should not be construed as such.

THE POWER of SLEEP

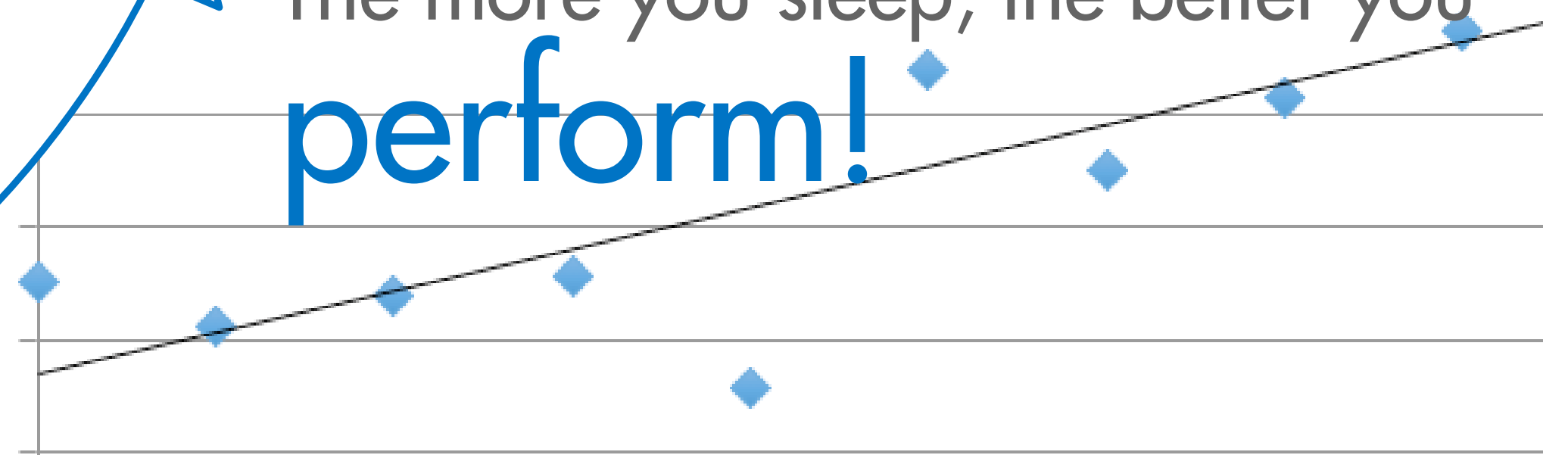
*Sources: Life of an Athlete Human Performance Project; Cheri Mah, Stanford University

A loss of just 1.5 hours of sleep can result in a **30% drop in alertness**



sleep and your **GPA**

The more you sleep, the better you **perform!**



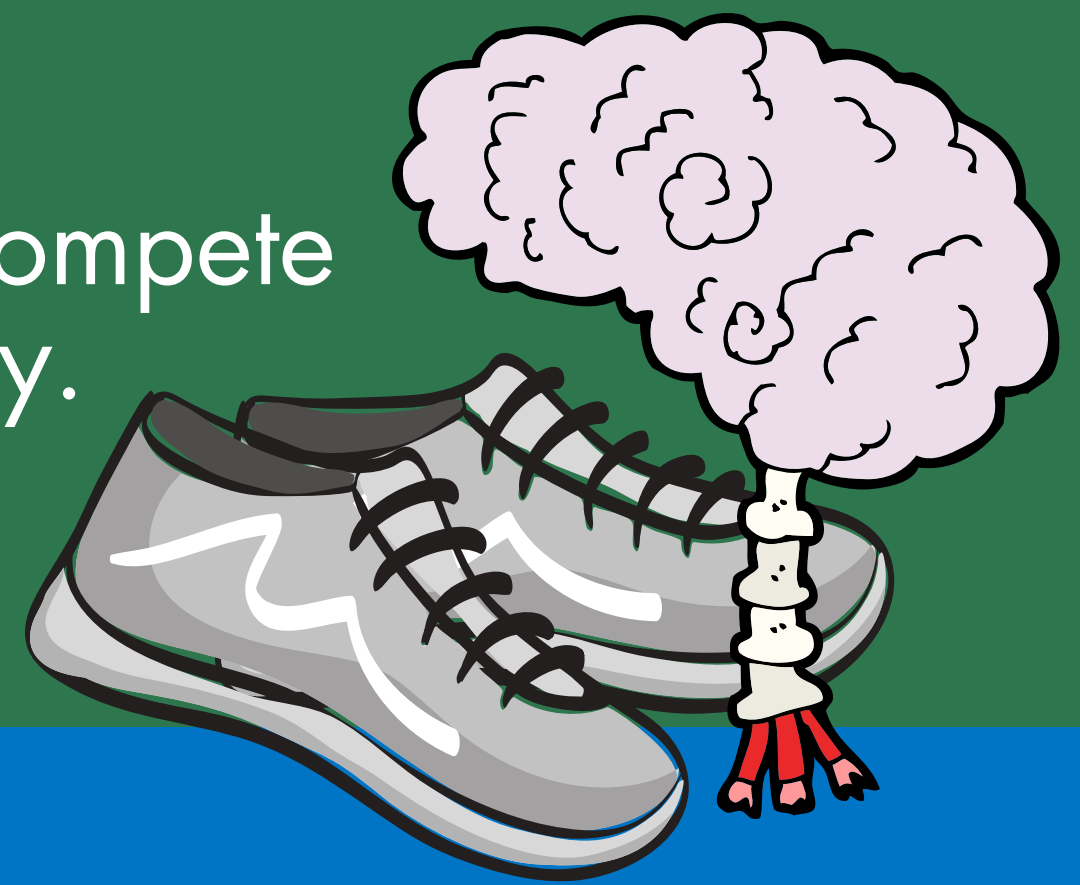
Athletes

need regular sleep cycles to train and compete at a high level - so go to bed and wake at the same time every day. Sleep helps with:

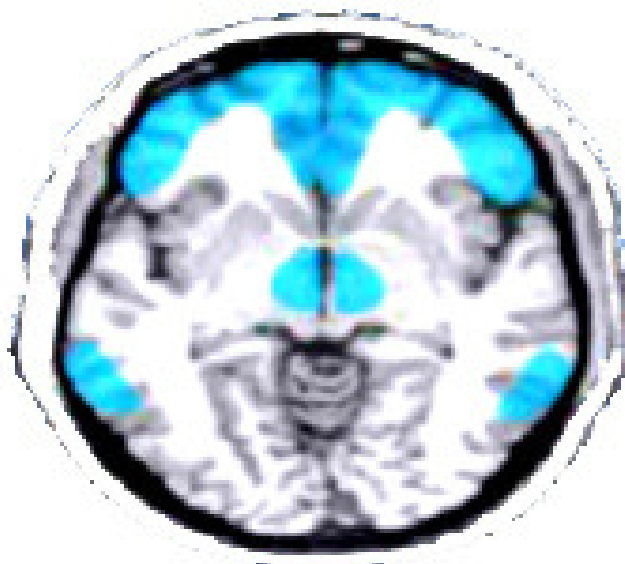
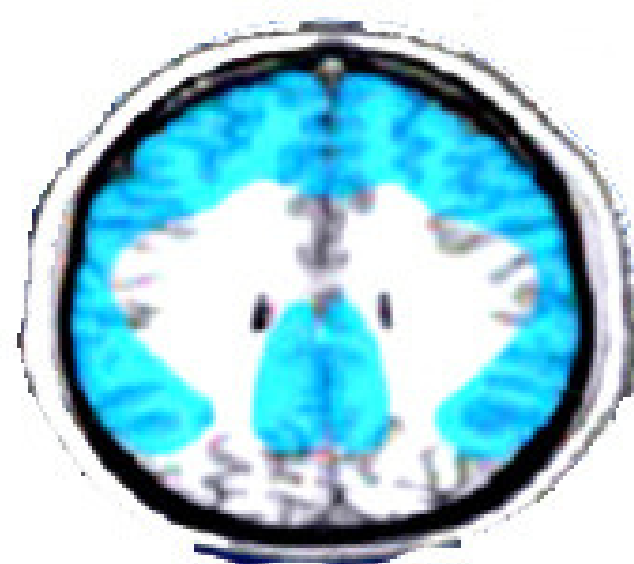
Muscle restoration

Organ restoration

Central nervous system restoration



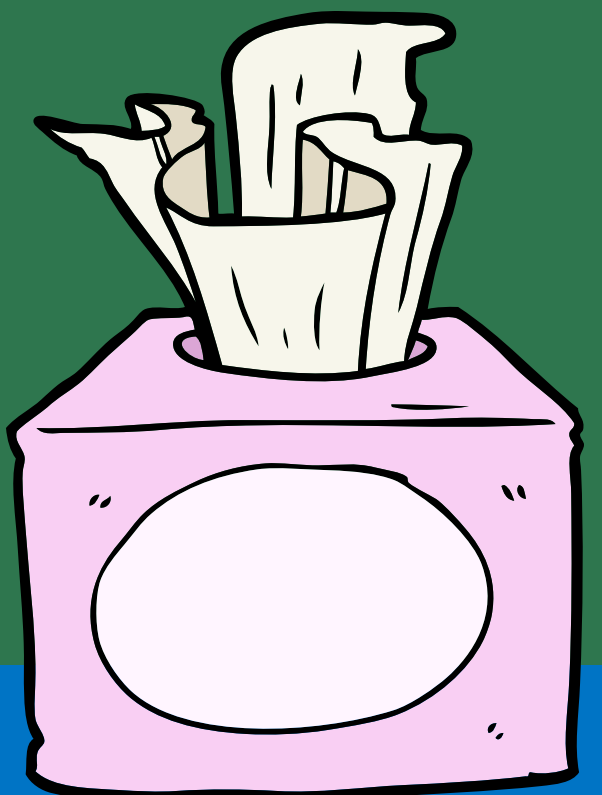
This is the blood flow in your **BRAIN** with no sleep.



(L) with 8 hours of sleep
(R) with no sleep

a lack of sleep can also weaken your **immune system**

and get you sick, quick!



Tips

1

Avoid **blue** light at night.

2

Sleep in total darkness.

