

teenFEMM – Grade 8 | Lesson 6

[illegible]

Top 8 (hour) Sleep Tips

1. Exercise during the day to sleep better at night.
2. Spend time outside: sunlight sets the body's internal clock.
3. Don't drink caffeinated beverages.
4. Keep a regular sleep schedule: thinking you'll "catch up" on sleep by sleeping until noon on the weekends isn't the same thing for your body.
5. Less than 8-10 hrs of sleep a night increases premenstrual symptoms and period pain.
6. Keep your room cool and dark.
7. Put your phone out of reach: the blue light inhibits the production of the sleep hormone, melatonin, telling your body to stay awake.
8. Set a bedtime and put your phone *on sleep mode* so you don't get distracted by notifications after bedtime.

My Top 3 to Try

#1

#2

#3

Shopping List

Proteins: build and maintain cells, help make hormones.

- ☐ Red meat
- ☐ Chicken
- ☐ Fish
- ☐ Eggs
- ☐ Beans, Chickpeas

Carbohydrates: provide energy, balance hormones.

- ☐ Whole wheat bread
- ☐ Pasta
- ☐ Potatoes/Sweet Potatoes
- ☐ Quinoa
- ☐ Rice

Good Fats

- ☐ Avocados
- ☐ Nuts and seeds (nut butters)
- ☐ Dairy (cheese, yogurt)

Vitamins & Minerals: build+maintain cells, balance hormones.

- ☐ Green leafy vegetables (spinach, kale)
- ☐ Carrots
- ☐ Broccoli
- ☐ Apples
- ☐ Oranges
- ☐ Berries (blueberries, blackberries)

Activities List

- ☐ Take a walk with a family member
- ☐ Walk a dog/offer to walk a neighbor's dog
- ☐ Get a group together at a park for a game:
 - ☐ capture the flag
 - ☐ 3 on 3 Soccer
 - ☐ ultimate frisbee
- ☐ Go for a run with your favorite music
- ☐ Shoot hoops with a friend
- ☐ Do a ridiculous online exercise class (have you done a Richard Simmons workout?)
- ☐ Do a pilates workout online
- ☐ Bike ride
- ☐ See if you can hold a plank for 1 minute
- ☐ Jump with a skipping rope for 5 minutes (it's harder than you think!)
- ☐ Take a hike
- ☐ Go swimming
- ☐
- ☐
- ☐