



Heads Up Kentucky
Psychology Promotes Healthy Living

What is Heads Up Kentucky?

Heads Up Kentucky! is a collaboration of Psychology and Art that pairs consumer information about healthier living with commissioned public art. Over forty artistically transformed fiberglass "Heads" will be seen across Metro Louisville throughout the Summer, 2005. The Head Stands will serve as a display for consumer education information on the mind-body connection and psychological aspects of wellness, helping people learn how to live healthier lives. *Heads Up for Kids: Secrets of the Mind Body Connection* will bring health curriculum into the elementary schools this fall. The proceeds of the auction of the Heads will be split between the KPA Foundation and a consortium of visual arts education organizations.

About the KPA Foundation

The Kentucky Psychological Association Foundation seeks to improve the lives of Kentuckians through public education about psychology, supports psychological research, and provides scholarship to students in psychology at higher education institutions across the Commonwealth. Donations to KPAF are tax-deductible. For more information about KPA and the KPA Foundation, visit the web at www.kpa.org

Kentucky Psychological Association Foundation

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**Sleep your way
to Better
Health**



**KID
ZONE**

Presented by
**THE KENTUCKY PSYCHOLOGICAL
ASSOCIATION FOUNDATION**

Get some Sleep!

Did you know that getting enough sleep is one of the most important things you can do for your body and mind?

Getting enough sleep ...

- will help you do your best at school.
- can improve your memory.
- could help you be quicker and more alert if you play a sport.
- can help your body grow.
- can even help you stay out of trouble.

Here's a Test: Do you sleep enough?

1.	What is your usual bedtime?	
2.	What time do you get up for school?	
3.	How many hours do you sleep each night when you go to bed at the usual time?	
4.	How many days last week did you go to bed later than your usual bedtime?	
5.	Did you stay up more than 1 hour past your bedtime last weekend?	Yes
6.	Did you sleep more than 2 hours past your normal waking time last weekend?	Yes No

Score the quiz:

- You get 10 points if your answer for #3 is 10 or more. For each hour less than 10, subtract 1 point.
- You lose 2 points if your answer for #4 is 2 or more.
- You lose 2 points if your answer to #5 is yes. You lose 2 points if your answer to #6 is yes.

8-10 points Good job! You are a good sleeper!
5-7 points You aren't doing too badly, but there is work to do.
4 points or less Yikes! You need to pay attention to your sleep!

How much is enough sleep?

- Everyone is different in how much sleep they need for feeling their best.
- Most kids need about 10 or 11 hours of sleep each night.

Tips for a Good Night's Sleep

- Set a regular bedtime and waking time and stick with them.
- Don't watch TV or use the computer right before bed. Try a warm bath.
- Use your bed only for sleeping.
- Exercise is great, but don't do it right before bedtime. Quiet activities and reading are best for bedtime.
- You are never too old to ask a grownup to read you a bedtime story.
- Don't eat a lot before bed, and no caffeine or chocolate late in the day.
- Try a relaxing routine, like thinking about a special place, reading a favorite poem, and thinking about the best things in your life, as you settle down for the night.
- On the weekend, try to keep with the same routine. You can sleep a little later or stay up a little later, but no more than an hour or two.

Special Note for Teens:

- Teenagers need more sleep than adults, usually 9 or more hours per night.
- If you are a teenager who chronically sleeps less than this, you are at higher risk for car accidents and poor school performance.
- It's tempting to try to catch up on the weekend, but this can create more problems with getting good sleep.

For more information:

Heads Up Kentucky: www.headsupkentucky.org
KidsHealth: www.kidshealth.org
Sleep Foundation: www.sleepfoundation.org

Bedtime reading suggestions

Lite, L. The Goodnight Caterpillar: Muscular Relaxation and Meditation Bedtime Story for Children, Improve Sleep, Manage Stress and Anxiety Meyer, M. There's a Nightmare in My Closet

