



How do YOU sleep?

One third of the 24 hours each day should be spent in bed. Every adult normally needs eight hours' sleep.

Children need more—under 5 years, 12 hours' sleep; from 6 to 11 years, 11 hours; from 12 to 14 years, 10 hours; from 15 to 17 years, 9 hours.

Insufficient sleep is a major cause of malnutrition in children. It produces an irritable child who loses weight, becomes sickly.

PRESCRIPTION FOR SLEEP: Regular bedtime.

Dark, quiet and well-ventilated bedroom.

Bedclothes not too heavy.

Avoid heavy suppers before bedtime.

If sleep won't come, let yourself go limp, loosen up every muscle, and relax body and mind. A short walk before bedtime, a glass of hot milk or cocoa, a warm bath, are all aids to sleep.

Sound healthy sleep takes the load off the heart and the lungs, and enables the body to renew worn-out tissue.



When putting baby to sleep in his cot see that the lower elbow is forward and that there is complete freedom of movement from the shoulders down.

Unless there is a special reason for it, the use of drugs to induce sleep should be strenuously avoided.



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