**“Work Smarter, Not Harder!” – Importance of Sleep**

Medical studies recommend that middle school students **get between 9 ½ and 10 ½ hours of sleep per night.** In the Spring of 2013, MCMS students reported an average of less than 8 hrs per night! We encourage students to get more sleep so that they feel more alert during the school day. This is especially true on test days. While students may be tempted to stay up and cram, studies suggest that it is counterproductive. The loss of sleep causes a decrease in recall abilities.

We also encourage students to **unplugging from electronics 30 minutes before bedtime**. The moving images and sounds stimulate your brain. It has been proven that if you unplug 30 minutes before sleep, you will fall asleep more quickly and sleep more deeply through the night.

It is also encouraged that students **step away from schoolwork at least 30 minutes before bedtime**. Again, brains and emotions will be calmer before sleep. This will enable students to fall asleep, stay asleep, and wake up more alert.

We hope these small suggestions can help make a difference!