American Heart Association®

KIDS HEART CHALLENGE™ | AMERICAN HEART CHALLENGE™

FILL IN THE BLANKS

Your sleep habits can have a lasting effect on your overall health. Simply tweaking a few of your tech device habits can help upgrade your sleep hygiene for a better night's rest.

Here are some tiny tweaks you can try:

_____. Charge your device _____ somewhere other than next to your ____. Keep it farther away, or better yet, in another room. You'll _____ the separation, we promise! _____. Staring into the _____ of your phone may mess with your Circadian _____ and _____ production. _____. Set an _____ to go to bed. _____ don't have to be just for _____. Use one to _____ you that it's ____ to wrap it up for the night. _____. Is the _____ just too strong to keep _____ through cat _____? Use an app _____ that makes it _____ for you to fall into the _____ after a certain hour _____. Use the " _____ " function to block all notifications during _____. Pick a _____ and do it now so you can get your _____ tonight.

Use each of these words or term once:

- BLOCKING APP
- LOCK IT
- OVERNIGHT
- TEMPTATION
- DO NOT DISTURB
- REMIND

- DIM IT
- BRIGHT LIGHT
- SCROLL TRAP
- RHYTHM
- MELATONIN
- SET IT

- ALARM
- MOVE IT
- WAKING UP
- TIME
- SCROLLING
- VIDEOS
- IMPOSSIBLE

- BLOCK IT
- SLEEP HOURS
- TWEAK
- 10-12 HOURS
- SURVIVE
- BED
- ALARMS

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Life's Essential 8™ → for kids

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ANSWER KEY

MOVE IT . Charge your device **OVERNIGHT** somewhere other than next to your **BED** . Keep it farther away, or better yet, in another room. You'll **SURVIVE** the separation, we promise! **DIM IT** . Staring into the **BRIGHT LIGHT** of your phone may mess with your Circadian **RHYTHM** and **MELATONIN** production. **SET IT** . Set an **ALARM** to go to bed. **ALARMS** don't have to be just for **WAKING UP** . Use one to **REMIND** you that it's **TIME** to wrap it up for the night. **LOCK IT** . Is the **TEMPTATION** just too strong to keep **SCROLLING** through cat **VIDEOS** ? Use an app **BLOCKING APP** that makes it **IMPOSSIBLE** for you to fall into the **SCROLL TRAP** after a certain hour **BLOCK IT** . Use the " **DO NOT DISTURB** " function to block all notifications during **SLEEP HOURS** . Pick a **TWEAK** and do it now so you can get your **10-12 HOURS** tonight.

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