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Boys' Life

GEAR

FOR ALL BOYS

SEPTEMBER 2009

DOG DAYS

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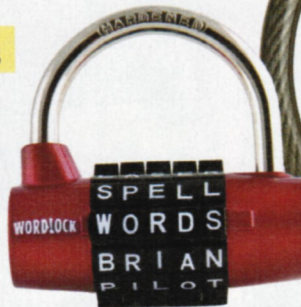
One habit can help you think faster, get better grades and operate at your best this school year. It's called sleep, but few guys catch enough Z's. People ages 7 to 12 need 9½ to 10½ hours each night. Teens need 8½ to 9½. Yet only 20 percent of teens get 8 hours a night. Here's how to sleep better:

- Cut out energy drinks and caffeinated sodas after lunch. They disrupt sleep cycles.
- Switch off the video games, TV and computer 30 minutes before bed. These devices rev your brain and prevent you from feeling sleepy.
- Develop a relaxing bedtime routine – take a shower, listen to quiet music – to give your brain the message that it's lights-out time.
- Make your room dark, quiet and slightly cool (the best conditions for shut-eye).
- Don't stay up or sleep in more than an hour past your normal time on weekends. It makes Monday mornings brutal. –Erin O'Donnell

LOCKER LINGO

WordLock makes remembering combinations easy by turning numbers into letters. Set your own code word, and use it for your bike or locker padlock.

Prices vary. www.boyslife.org/links/wordlock



MAKE THE GRADE Need a boost this school year? WyzAnt is a tutor-matching service that can help in more than 150 subjects. Search a detailed list of qualified tutors in your area: www.boyslife.org/links/wyzant

