A Good Night's Sleep

The Lord tells us that when we take care of our bodies we "shall run and not be weary, and shall walk and not faint" (D&C 89:20). Take this quiz to make sure you're getting the rest you need!

You're falling asleep at school and your friend offers you an energy drink to help you wake up. Do you take it?

YES → Energy drinks will only keep you awake for a little while. They are harmful because they contain lots of caffeine and sugar.

NO → You decide to get more sleep tonight. Depending on your age, your body needs 9–12 hours of sleep each night.

After school you have soccer, dance, and art class—it's exhausting. Do you quit some after-school activities?

NO → All these activities can be fun, but it can be hard on your body. If you're always tired, talk to a parent about doing just one or two activities.

YES → You need to give yourself time every day to be with your family and to rest and relax.

It's almost time for bed. Do you start playing a computer game?

YES → Watching TV and playing on a phone or computer before bed keeps your mind too active and makes it harder to sleep. Turn off the digital devices at least an hour before bedtime, and do things that calm your mind.

NO → Your mind needs to relax before you go to bed!

Your friend invites you to a movie on a school night. But you know you need to study for a math test. Do you go?

YES → You might have a good time, but you'll get home late. Cramming for a test isn't a good way to study, and you won't get the sleep you need to do well.

NO → Studying and getting lots of sleep will help you do your best on your test!

ILLUSTRATION BY BRAD TEARE