

SUMMER

Here we go

How to re-energise yourself?

Every day in summer vacation

What will you do?

Play electronic games!

Nothing to do!
I will have a carefree summer!

Late nights and long lie-ins!

The day before school starts

Why am I so tired after plenty of sleep?

Why don't I feel satisfied even after levelling up in the electronic games?

I haven't finished my summer assignments yet!

Myths about sleep

For students



1. It's alright if I stay up late for just one night.

Research shows that losing just one night of sleep could affect the hormonal balance. Teens will have higher chance of gaining weight with sleep deprivation.

2. It's okay to sleep late and lie-in.

Delayed sleep schedule may disrupt the body clock and affect cognitive performance, as well as overall mood rating. To prevent long-term sleep problems, try to keep a regular sleep schedule during the vacation!

How to take rest to re-energise yourself?

Adequate Sleep



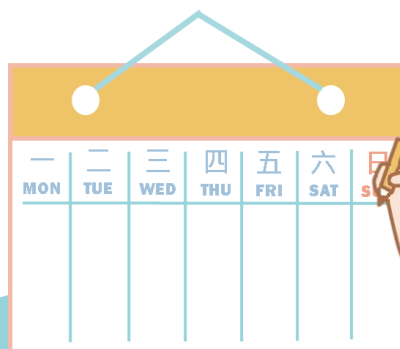
Regular sleep schedule and adequate sleep are essential to promote optimal health. Research has suggested that 6-12 years old children should sleep 9-12 hours per day, and 13-18 years old teenagers should sleep 8-10 hours per day.

Outdoor Exercise



Doing outdoor exercise during summer vacation (e.g. hiking and biking) could help promote health, raise self-esteem and boost the mood.

Summer Schedule



Set up routines for summer vacation by filling up different kinds of leisure, learning and social activities on your schedule. Manage your time wisely to prevent rushing through summer assignments!