

## Help Available

Newcomers and visitors to Florida often come unprepared for the challenges of living in a tropical and sub-tropical climate with high population density and many demands on natural resources.

The Florida Extension Service and its team of professional educators can help to provide practical, research-based information to help visitors and newcomers quickly learn about and better adapt to their new environment. To make your stay safer and more enjoyable, visit or call the Extension Service in your area.

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## Catching a Few ZZZ's: Sleep and Teens

Only 20% of teens polled by the National Sleep Foundation reported getting the recommended 7.5 to 9.5 hours of sleep at night. Increasing school and work stress, peer pressure and demanding routines are several causes of their decreased sleep. Getting adequate sleep has been linked to increased learning and concentration, improved behavior and mood, better sport performance, higher energy level and more stable weight among the teen population.

Parental tips for a supportive sleep environment:

- Enforce sleep schedules. Especially as vacation ends and school begins again.
- Establish a nighttime routine. This excludes loud music, eating and exercise right before bedtime.
- Decrease caffeine consumption throughout the day.

- Discourage activities such as homework or watching TV from being done in bed. This should be a place for sleep only.
- Be a good role model and practice what you preach.
- Watch for sleep deprivation signs: trouble waking up in the morning, irritability, random falling asleep and sleeping for an extra long period.
- Encourage your teen to keep a sleep diary. This will help to pinpoint possible barriers in their nighttime sleep routine.

If the steps above do not increase sleep time and quality, consult an expert for further analysis.



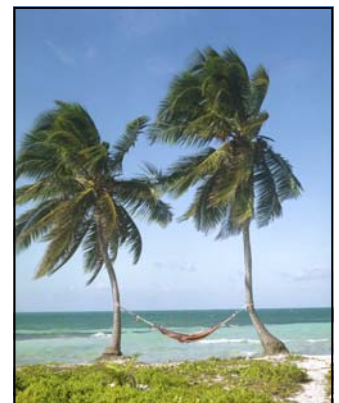
**Working late into the night can interrupt a teen's much-needed sleep. Help your teen keep a routine.**

## Welcome to Florida

Brought to you by your  
University of Florida IFAS Extension Service  
South Central District  
Family and Consumer Sciences Team



"Solutions for Your Life"



# Drink Up!

As humid as Florida is, people often don't remember to keep themselves well hydrated. Activity outside in the heat certainly increases how much fluid anyone needs. But seniors in air conditioned rooms are often not aware of thirst. Both groups need to keep drinking to avoid the effects of dehydration.

It doesn't matter what beverage you use (other than alcohol) to stay hydrated. Coffee or tea works as well as water or juice. Low fat milk is nutritious and hydrating. Sodas and Kool-aid® work, too. The big difference is the amount of calories that come with each choice.

Get your 3 glasses of milk and 1 glass of juice each day. Then choose calorie-free beverages for the rest of your fluid needs. Remember, one 12 oz. can of regular soda a day can be 15 extra pounds by the end of the year!

## Why Avoid Alcohol?

Alcohol, on top of adding calories to the diet, is a *diuretic*. In other words, alcohol consumption increases urination, which can lead to dehydration if the fluids are not replaced by water.

# Making Water “Cents”

By making a few small changes to your daily routine, you can save a significant amount of water, which will save you money and preserve water supplies for future generations.

Fix That Leak – Leaky faucets can waste more than 3,000 gallons of water each year and a leaky toilet can waste 200 gallons of water every day. To tell if your toilet has a leak, place a drop of blue toilet bowl cleaner in the tank: if the color shows in the bowl without flushing, you have a leak. Check under your sinks and your outside faucets for slow dripping leaks.

Make It A Full Load – The average washing machine uses about 41 gallons of water per load. Wash only full loads of laundry or use the right load size setting on your machine.

Shower Power - A full tub requires 70 gallons of water. Taking a five minute shower uses 10-25 gallons.

If you take the time and effort to make small changes in water usage, you can lower your water bill and help protect our water resources.



“When the well is dry, we learn the worth of water.”



# There's an Extension Office Near You!

**Charlotte County**—25550 Harbor View Rd, Unit 3, Port Charlotte, FL | (941) 764-4340  
<http://www.ifas.ufl.edu/charlotte/>

**Collier County**—14700 Immokalee Rd., Naples, FL  
(239) 353-4244 | <http://collier.ifas.ufl.edu>

**Desoto County**—2150 NE Roan Ave, Arcadia, FL  
(863) 993-4846 | <http://desoto.ifas.ufl.edu/>

**Hardee County**—507 Civic Center Dr., Wauchula, FL  
(863) 773-2164

**Hillsborough County**—5339 S. CR 579, Seffner, FL  
(813) 744-5519 | <http://hillsborough.extension.ufl.edu/>

**Lee County**—3406 Palm Beach Blvd, Ft. Myers, FL  
(239) 533-4327 | <http://lee.ifas.ufl.edu/>

**Manatee County**—1303 17th St. West, Palmetto, FL  
(941) 722-4524 | <http://manatee.ifas.ufl.edu/>

**Pasco County**—36702 SR 52, Dade City, FL  
(352) 521-4288 | <http://pasco.ifas.ufl.edu/>

**Pinellas County**—12520 Ulmerton Road, Largo, FL  
(727) 582-2100 | <http://www.pinellascounty.org/extension>

**Polk County**—1702 Hwy 17-98 S, Bartow, FL  
(863) 519-8677 | <http://polk.ifas.ufl.edu/>

**Sarasota County**—6700 Clark Road Twin Lakes Park, Sarasota, FL | (941) 861-5000  
<http://sarasota.extension.ufl.edu>

**Contact your local county Extension office today!**