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School News



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Covering the Long Beach Unified School District...and more!

Volume 20, Issue 137

www.SchoolNewsRollCall.com

October 2019–January 2020

City of Long Beach, City Auditor



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Set an Alarm to Go to Bed

One of my 2019 resolutions, which is working pretty well for me this year, is getting seven hours of sleep each night. As City Auditor for the City of Long Beach, I am immersed in vast amounts of complex information daily. I have found that when I have received the proper amount of sleep and am rested, my mind is clam, clear and focused. I am then able to make good, logical

decisions. I have also found that my best inspiration and ideas happen early in the morning after a good night's sleep.

Our schedules, parents and students alike, are jampacked with work, school and activities; not to mention that we're all carrying electronic devices with email notifications, streaming channels and social media feeds that never shut off. As a result of all this, sleep is often placed on the backburner. An important thing to keep in mind is that there is no substitute for sleep, and there is no magic pill we can take to compensate for the sleep we've lost. So, how can we make sleep a priority?

Why not set an alarm to go to bed? As we're in the beginning of a new school year, what better time than now

to practice a new habit. Setting an alarm to go to bed is a good reminder to wind down from an often-busy day, get to sleep and then wake up feeling refreshed and rejuvenated. Studies have shown that sleep helps our brains function better. While we're sleeping, our brains are forming new pathways to help us learn and remember information which prepares us for the next day. Ultimately, the right quantity and quality of sleep restores and enhances our memory and learning ability.

As you all know, this is not always easy. I will be the first to attest that as the night draws on it becomes more and more difficult to put to-dos, thoughts and even TV aside. However, if you fight sleep you just become more tired. There comes a point of diminishing returns when it is best to go to bed and not fight it. People often waste time thinking about going to bed instead of just doing it. It takes planning, and I still have not mastered this entirely; however, it is doable and worth it.

I encourage us to set an alarm for bed. Here's to all of us sleeping well, feeling more rested and ready to conquer the day!

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