Axklo

Sleep, food and water

Three things that fix more than you'd expect.

1. **Water** beats sugary drinks most of the time.
2. Regular meals, lots of fruit and veg, and not too much ultra-processed food. It doesn't need to be perfect.
3. Caffeine late in the day can wreck your sleep.
4. Most people need **7 to 10 hours** of sleep, and younger people usually need more. Yes, really.
5. Don't copy extreme diets from the internet. If food or your body takes up too much of your head, **talk to someone you trust or a doctor**.
6. Energy drinks aren't for growing bodies. Water and food do the job.
7. Eat before the 3 p.m. slump hits, not after it.
8. Alcohol and caffeine both change how well you sleep, even when you don't notice.

Need help right now? Call your local emergency number. Free helplines: https://axklo.com/safety/help