



Manhattan Marriage & Family Therapy

Earth Love Month

Day 10: Go to bed an hour early

Why should you do this? 45% of Americans don't get enough sleep, which causes health effects ranging from irritability to memory problems.

Why is it good for the environment? An hour of NOT watching TV, using laptops, having the lights turned on, and doing household stuff can save electricity and water.

Bonus? Don't forget to unplug all your "phantom" electricity suckers-- electronic devices that use electricity even when they are not being used. Unplug anything that has a light, battery, or a screen.

Phantoms can account for 10% of our overall electricity use.

