

# RESTROOM READER

BRINGING YOU KNOWLEDGE ABOUT YOUR BODY & HEALTH  
WHILE YOU TAKE A MOMENT TO YOURSELF!



## SEPT 2025

### ARE YOU GETTING ENOUGH SLEEP?

Sleep is so important for your health! Doing a good job at school and work requires the right amount of sleep.

Getting the right amount of sleep gives you the potential to improve your mood, attention span, behavior, memory, learning, mental and physical development and beyond! Your brain needs good sleep to function correctly.

According to the American Academy of Sleep Medicine & the National Sleep Foundation:

- Children 3-5 years old should get 10-13 hours of sleep.
- Children 6-12 years old should get 9-12 hours of sleep.
- Teens 13-18 years old should get 8-10 hours of sleep.
- Young adults 18-25 years old should get 7-9 hours of sleep.

Try this for  
more info  
and other  
helpful  
sleep  
statistics.

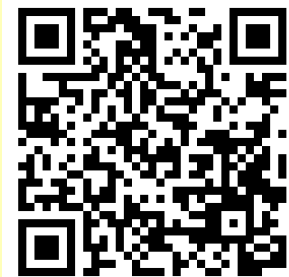


### TEENS - CREATE A ROUTINE!

**Fight the urge to be  
on the Night Owl  
Schedule!**

Whether it's athletics, clubs, marching band, studies or work, demands on your schedule are stressful and affect your sleep.

**Try these tips  
from *Teenager  
Guide to Life* to  
learn how to  
create your own  
sleep schedule.**



### SLEEP JOKES

**What do you call a sleeping pizza?  
-A pizzzzzza!**

**Why do keyboards never sleep?  
-Because they have two shifts!**