

The Importance of

SLEEP

In Children & Young Adults



60% of middle schoolers & 70% of high schoolers do not get enough sleep.

Are they getting enough sleep?



Kids between 6 and 12 years old need 9-12 hours of sleep per night. Teenagers need 8-10 hours of sleep per night.

What can happen if my child does not get enough sleep?



**Obesity Daytime Drowsiness Diabetes Trouble Focusing
Behavior Problems Increased Risk for Injuries Drop in Grades**

Tips for Better Sleep

- ◇ **Bedrooms should be quiet, dark, and comfortable.**
- ◇ **Same bedtime and wake up time, even on weekends.**
- ◇ **No electronic devices in the bedroom.**
- ◇ **Avoid large meals, sugar, and caffeine before bed.**
- ◇ **Keep kids active and moving during the day.**