



# 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.**