



Do Your Children Get Enough Sleep?



Kids aged
6-12 need

Teens aged
13-18 need

9 to 12

8 to 10

HOURS OF SLEEP A NIGHT

6 in 10

7 in 10

Middle Schoolers

High Schoolers

DON'T GET ENOUGH SLEEP



Sleep is critical to prevent:



TYPE 2
DIABETES



OBESITY



POOR MENTAL
HEALTH



INJURIES



ATTENTION OR
BEHAVIOR PROBLEMS