

Are you getting enough sleep?

35%

of U.S. adults are not getting the recommended **7 hours** of sleep each night



Poor Sleep has been linked to:



Obesity



Heart Disease



Depression

Tips for a Good Sleep



Set bed and wake-up times at the same time each day, including weekends.



Keep the bedroom quiet and a comfortable temperature.



Remove electronic devices from the bedroom.



Avoid large meals and caffeine before bedtime.



Have a bedtime routine like taking a bath, brushing teeth, and reading a book.



Turn the lights out at bedtime.



KIDS & TEENS

Do you get enough Sleep?



Kids
6-12 years old



VS



Teens
13-18 years old

need
9 to 12 hours

need
8 to 10 hours

Sleep...

- refreshes your body and mind 
- helps you grow 
- gives you energy! 



put electronics away before bed!

Want to sleep better? Try this!

Get plenty of exercise during the day

Turn off all screens one hour before bed



Start a bedtime routine!

