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 at 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 need 9 to 12 hours

Teens 13-18 years old need 8 to 10 hours

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

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!