



Do Your Children Get Enough Sleep?



6 in 10

Middle Schoolers



7 in 10

High Schoolers

DON'T GET ENOUGH SLEEP

Kids aged
6-12 need

9 to 12

Teens aged
13-18 need

8 to 10

HOURS OF SLEEP A NIGHT



Sleep is critical to prevent:



**TYPE 2
DIABETES**



OBESITY



**POOR MENTAL
HEALTH**

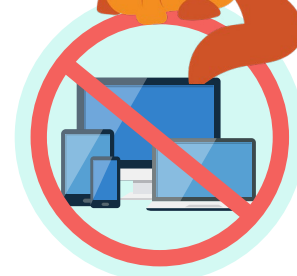


INJURIES



**ATTENTION OR
BEHAVIOR PROBLEMS**

Tips for 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.



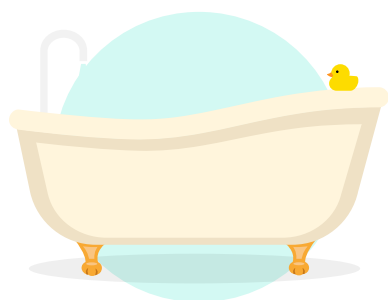
Avoid large meals and caffeine before bedtime.



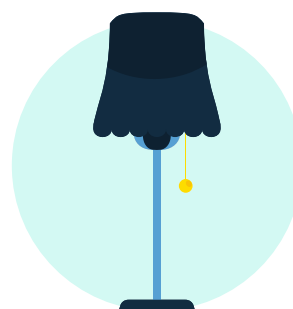
Make sure kids are active during the day so they can fall asleep at night.



Model good sleep behaviors for kids.



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



Turn the lights out at bedtime.

Learn more about good sleep habits at www.cdc.gov/sleep.



Centers for Disease Control and Prevention
National Center for Chronic Disease Prevention and Health Promotion

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