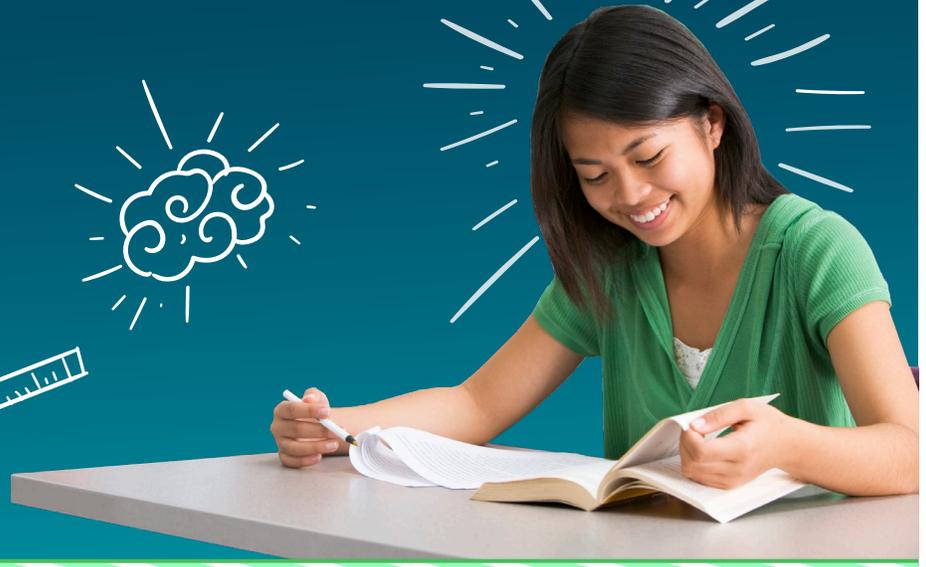


# #SLEEP RECHARGES YOU



PERFORM BEST  
FEEL GREAT  
LEARN MORE  
LOOK BETTER

SLEEP  
8-10  
HOURS  
PER  
NIGHT



The American Academy of Sleep Medicine recommends **8-10 hours** of sleep per night for **13-18 year olds**.

Visit [sleepeducation.org](http://sleepeducation.org) to find out more.

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