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

**LOOK BETTER**
Sufficient sleep recharges your health, helping you to look your best and maintain a healthy weight.

**PERFORM BEST**
Sleep recharges your energy for peak performance in sports, making you faster, stronger and more accurate.

**FEEL GREAT**
Healthy sleep recharges your mood, enabling you to feel your best and have a more optimistic attitude toward life.

**LEARN MORE**
Sleep recharges your brain, helping you excel in the classroom by maximizing your attention, memory and learning ability.

**HAVE FUN**
Sleep recharges your fun, enabling you to enjoy life while making better decisions and staying safe.