#SleepRechargesYou

Sleep is an important part of being happy, healthy and successful.

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.

**START NOW**

Sleep at least 8 hours nightly this week. See how sleep recharges your mind, mood and body.

**SOURCES**

American Academy of Sleep Medicine - https://www.aasm.org
Centers for Disease Control & Prevention - https://www.cdc.gov/sleep
Sleep Matters - https://www.sleepfoundation.org