#SLEEPRECHARGESYOU

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.

11 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.

Research

Society



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This flyer was supported by the Cooperative Agreement Number 1U50DP004930-05 from the Centers for Disease Control and Prevention (CDC). Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the CDC.