Sleep is an important part of being healthy, happy, 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 6 hours nightly this week. See how sleep recharges your mind, mood, and body.

**SOURCES**
American Academy of Sleep Medicine - [http://AASM.org](http://AASM.org)
Centers for Disease Control & Prevention - [http://www.cdc.gov](http://www.cdc.gov)
Sleep Medicine Reviews - [http://SMMJ.com](http://SMMJ.com)

*For an interactive version of this poster, visit www.sleepfoundation.org/sleeprechargesyou for the American Academy of Sleep Medicine. © 2022 American Academy of Sleep Medicine. All rights reserved.*