

# DO YOUR CHILDREN GET ENOUGH SLEEP?



6 in 10

Middle Schoolers

**DON'T GET ENOUGH SLEEP**



7 in 10

High Schoolers

Kids aged 6–12 need

9 to 12

HOURS OF SLEEP PER NIGHT

Teens aged 13–18 need

8 to 10



Sleep is critical to prevent:



DIABETES



OBESITY



POOR MENTAL HEALTH



INJURIES



ATTENTION OR BEHAVIOR PROBLEMS

## Tips for Good Sleep



Set bed and wake-up times at the same time each day, including weekends.



Keep bedrooms quiet, dark, and a comfortable temperature.



Remove electronic devices from the bedroom.



Avoid large meals and caffeine before bedtime.



Make sure kids are active during the day so they can fall asleep at night.



Model good sleep behaviors for kids.

Learn more about good sleep habits at [www.cdc.gov/sleep](http://www.cdc.gov/sleep).