Do Your Children Get Enough Sleep?

- Kids aged 6-12 need 9 to 12 hours of sleep a night.
- Teens aged 13-18 need 8 to 10 hours of sleep a night.

Middle Schoolers: 6 in 10 DON’T GET ENOUGH SLEEP
High Schoolers: 7 in 10 DON’T GET ENOUGH SLEEP

Sleep is critical to prevent:
- Type 2 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 the bedroom quiet 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.
- Have a bedtime routine like taking a warm bath, brushing teeth, and reading a bedtime story.
- Turn the lights out at bedtime.

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