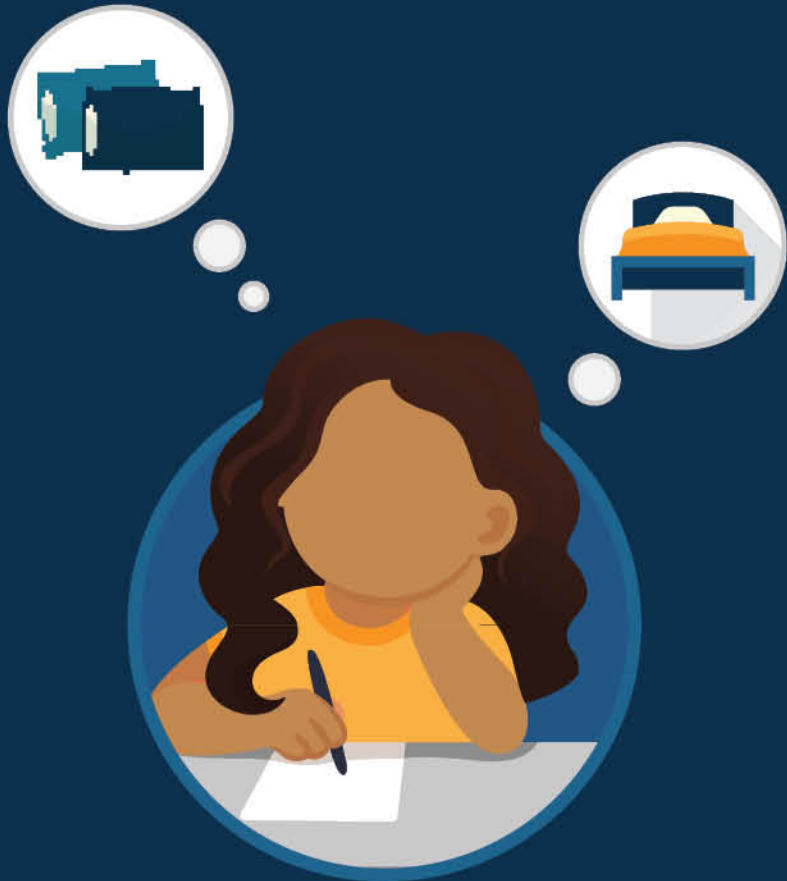


Zzzzzz.... SLEEPY KIDS

MOST STUDENTS NEED MORE SLEEP



6 OUT OF 10
MIDDLE SCHOOLERS
DON'T GET ENOUGH SLEEP



7 OUT OF 10
HIGH SCHOOLERS
DON'T GET ENOUGH SLEEP

**KIDS 6–12 YEARS
NEED**

**9 TO 12
HOURS**



Z z z

**TEENS 13–18 YEARS
NEED**

**8 TO 10
HOURS**

MIDDLE SCHOOLERS: 2015 DATA FROM 9 STATES
HIGH SCHOOLERS: 2015 NATIONWIDE DATA

Wheaton et al. *MMWR*.
Jan 2018 (goo.gl/ddpQ75)



U.S. Department of
Health and Human Services
Centers for Disease
Control and Prevention