WHy is sleep so important?

# -Improved attention

# -Improved memory

# -Decreased risk of obesity

# -Perform better in school

# -Decreased risk of diseases

# -Stronger immune system

## **How much sleep is needed?**

 Zzzzz

## Children 3-5 years old: **10-13 hours**

## Children 6-12 years old: **9-12 hours**

## Teenagers 13-18 years old: **8-10 hours**

**Tips for getting a good night’s sleep:**

* Getting enough physical activity throughout the day
* Turn all screens off at least 1-2 hours before bedtime
* Have a bedtime routine and stick to it
* Limit young children’s exposure to scary/violent TV shows, movies, and video games
* Keep older children’s naps short and early in the day
* Avoid caffeine 6-8 hours before bedtime