

# 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?

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