

JUST THE (SLEEP) FACTS!

It's a fact: Sleep is a vital part of your overall good health. In fact, a lack of sleep can be just as detrimental to your mind and body as a snack-happy diet and a couch-potato lifestyle. Students your age need 8 to 12 hours of sleep each night — 9 to 12 hours for tweens and 8 to 10 hours for teens. But only 4 out of 10 middle school students and 3 out of 10 high school students get enough healthy sleep on school nights.*

A lack of sleep can have consequences beyond dosing off on a group video call. It can lead to health problems such as obesity, Type 2 diabetes, and even mental health struggles such as attention and behavior issues.* On the other hand, getting a good night's sleep benefits the body (helps with weight control, improves sports performance), mind (improves memory, sharpens focus, helps you make good choices), and mood (more patience, optimism, and energy)!**

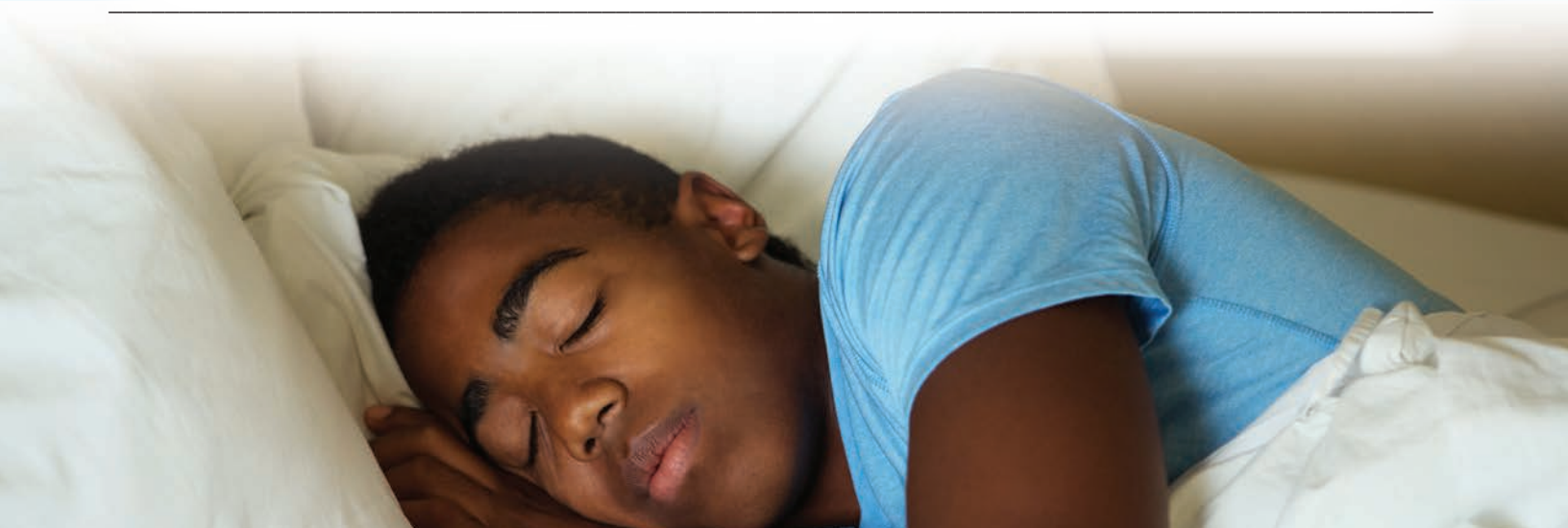
PART 1

Are you getting enough healthy sleep? Use the chart below to track your sleep for one week. Then, bring it back to class.

Night/ Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Bedtime							
Wake time							
Hours of sleep							

PART 2

If you consistently get 8 to 12 hours of healthy sleep per night, good job! If not, you're not alone. How can you improve your sleep — and your health? Write your ideas below and then test them out to see if you can hit the recommended amount of healthy sleep each night.



Take-Home Sleep Tip: Help support your family's physical and mental health with sleep. Check that you're all getting enough sleep – every night. For helpful tips for healthy sleep, check out [sleepeducation.org](https://www.sleepeducation.org).

*cdc.gov/healthyschools/features/students-sleep.htm

**sleepeducation.org/get-involved/campaigns/sleep-recharges/educator-resources/