WHO NEEDS SLEEP? YOU!

PART 1

Studies show that, on average, teenagers need between 8 and 10 hours of sleep per 24-hour period. This means those hours cannot be “saved” for a later day — your body needs those hours of sleep each day, every day, for optimum physical and mental health.

There are things you can and should do to ensure a good night’s sleep. Read the 10 tips below. How many do you already do? Which ones do you think you could try? Check the appropriate box.

How can you establish healthy sleep habits to recharge your body and mind? Use the calculator found at sleepeducation.org/healthy-sleep/bedtime-calculator to assess when you need to go to bed, knowing that this can be a challenge if your school start time is very early. Then, select some of the tips from the list above that you think will work best for you, and write about how you can implement them below.

My wake time:_________________ My target bedtime:_________________

Tips:
________________________________________________________________
________________________________________________________________
________________________________________________________________
________________________________________________________________
________________________________________________________________

PART 2

Visit sleepeducation.org to learn more about the importance of sleep and to improve your sleep habits, as well as your mental and physical health.