

# Sleep

## *Why Do You Need Sleep?*

Getting good rest protects our mental and physical health. During sleep our body is supporting our brain in a healthy way, and in our youth, sleep helps to support growth and development.



## *How Much*

The amount of sleep that you need will change depending on who you are and will decrease as you age.

- Children ages 6-12 need 9-12 hours of sleep per day.
- Teens aged 13-18 should sleep 8-10 hours a day.
- Adults aged 18 and older should get 7-8 hours of sleep a day.

## *Sleep Comfortably*

- Go to sleep and wake up at the same time everyday even on the weekends.
- Make sure there are no electronic devices in your room
- Be physically active during the day.
- Make sure your room is as comfortable as possible.