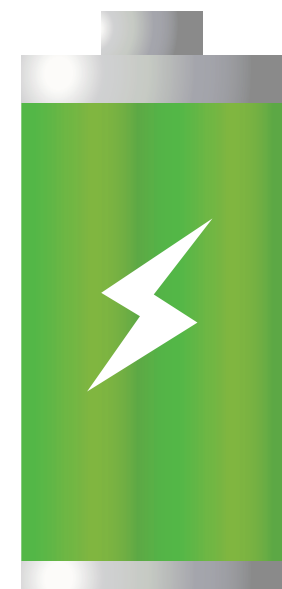


#SLEEPRECHARGESYOU



Sleep is an important part of being happy, healthy and successful.

The American Academy of Sleep Medicine recommends **8-10 hours** of sleep per night for **13-18 year olds**.



LOOK BETTER

Sufficient sleep recharges your health, helping you to look your best and maintain a healthy weight.



PERFORM BEST

Sleep recharges your energy for peak performance in sports, making you faster, stronger and more accurate.



FEEL GREAT

Healthy sleep recharges your mood, enabling you to feel your best and have a more optimistic attitude toward life.



LEARN MORE

Sleep recharges your brain, helping you excel in the classroom by maximizing your attention, memory and learning ability.



HAVE FUN

Sleep recharges your fun, enabling you to enjoy life while making better decisions and staying safe.



START NOW

Sleep at least 8 hours nightly this week. See how sleep recharges your mind, mood and body.



SOURCES

American Academy of Sleep Medicine - <http://bit.ly/2b6f1xF>
Centers for Disease Control & Prevention - <http://bit.ly/2bjPOgN>
Sleep Medicine Reviews - <http://bit.ly/2bsKzwp>

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