

#SLEEPRECHARGESYOU

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.

