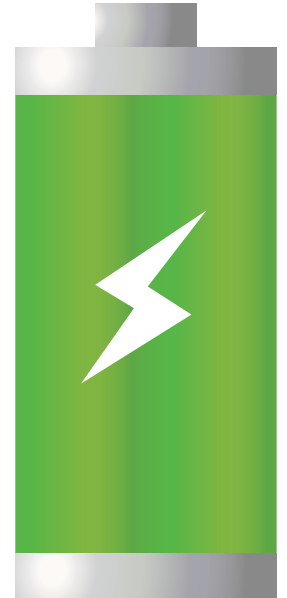


# #SLEEPRECHARGESYOU



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.

**Rx**

PATIENT NAME: \_\_\_\_\_  
ADDRESS: \_\_\_\_\_

Teens  
13-18

DIRECTIONS:

Sleep  
8-10  
Hours / per  
Night

SIGNATURE: *[Signature]* DATE: 2016



### 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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