

TIPS FOR IMPROVING YOUR SLEEP HABITS

1. Manage your time effectively
2. Stop overbooking.



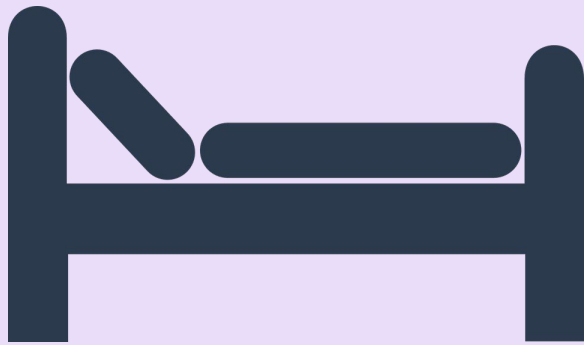
3. Avoid scheduling a first block or first hour class if this is an option for you.
4. Put technology away well before bedtime!

5. Educate yourself about the importance of sleep.
6. Encourage your peers to make healthy sleep decisions.



7. Prioritize sleep!

Middle schoolers need 9-11 hours of sleep a night. Are you getting the sleep you need?



73% of U.S. high school students get fewer than 8 hours of sleep on a school night.

according to a 2015 CDC Youth Risk Behavior Survey

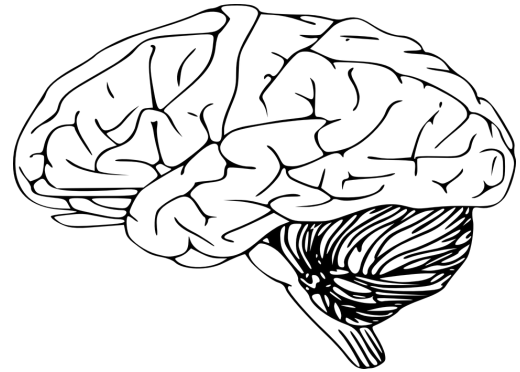
43% of U.S. high school students get 6 or fewer hours of sleep on a school night.

according to a 2015 CDC Youth Risk Behavior Survey

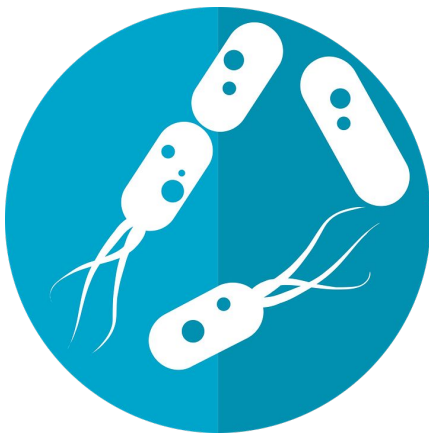


INADEQUATE SLEEP HAS BEEN LINKED TO AN INCREASED RISK FOR...

Worsened symptoms
of depression and
anxiety



Impaired memory



A compromised
immune system



Injuries and accidents

Get the sleep you need!! For middle
schoolers, that is 9-11 hours per
night.

