



# Do Your Children Get Enough Sleep?



Kids aged 6-12 need **9 to 12** | Teens aged 13-18 need **8 to 10**  
**HOURS OF SLEEP A NIGHT**



## Sleep is critical to prevent:

-  **TYPE 2 DIABETES**
-  **OBESITY**
-  **POOR MENTAL HEALTH**
-  **INJURIES**
-  **ATTENTION OR BEHAVIOR PROBLEMS**

# Tips for Good Sleep



Set bed and wake-up times at the same time each day, including weekends.



Keep the bedroom quiet and a comfortable temperature.



Remove electronic devices from the bedroom.



Avoid large meals and caffeine before bedtime.



Make sure kids are active during the day so they can fall asleep at night.



Model good sleep behaviors for kids.



Have a bedtime routine like taking a warm bath, brushing teeth, and reading a bedtime story.



Turn the lights out at bedtime.

Learn more about good sleep habits at [www.cdc.gov/sleep](http://www.cdc.gov/sleep).