

# SLEEP FOR TEENS

## WHY IS SLEEP IMPORTANT?



Sleep is important for your health, growth, well-being, and your brain functions better. In your sleep, your brain develops, you grow taller, and repair your body, that's how your cuts and wounds heal



You get sick less often and not enough sleep is linked to many health problems

## WAYS TO FALL ASLEEP

- Read a book
- Be Warm
- Count sheep
- Turn off the lights



For teens you **MUST** have at least 8-10 hours per day.

