

WHY WE NEED OUR ZZZ'S

HOW SLEEP IMPACTS MENTAL WELLNESS...

DID YOU KNOW?

SLEEP IMPACTS EMOTIONAL HEALTH

Kids who routinely get the recommended amount of sleep have improved attention, mood, and behavior. Research shows that **teens who are sleep-deprived are more at risk for anxiety and depression.**

SLEEP IMPACTS THE ABILITY TO LEARN

While your body rests, the brain is organizing what was learned during the day. This solidifies memory which strengthens learning. That's why **well rested kids tend to do better in school.**








SLEEP IS ESSENTIAL TO CHILD DEVELOPMENT

Each age group has a doctor recommended amount of sleep that they should get each night. Yet, 3 out of 4 Wisconsin teens don't get the recommended amount. More than **half of teens report being on a screen after midnight.**



NATIONAL SLEEP FOUNDATION SLEEP RECOMMENDATIONS

3/4 of Wisconsin
teens **do not** get
sufficient sleep

AGE		HOURS
YOUNG ADULT 18-25 Years		7-9
TEENAGER 14-17 Years		8-10
SCHOOL AGE 6-13 Years		9-11
PRESCHOOL 3-5 Years		10-13
TODDLER 1-2 Years		11-14
INFANT 4-11 Months		12-15
NEWBORN 0-3 Months		14-17



HOW TO GET BETTER SLEEP

- ✓ Explain to kids that our **brains repair and restore** during sleep.
- ✓ Prioritize **family sleep routines** with relaxing, screen-free activities and consistent bedtimes, even on weekends.
- ✓ Disconnect from screens **30-60 minutes before bed**.
- ✓ Teach kids that they will **feel happier** and **think better** if they get good sleep.
- ✓ Always **keep screens out of your child's bedroom** at night.

Declining Sleep Trend Among Wisconsin Teens

