



IMPORTANCE OF SLEEP

Sleep Recommendations

When young people (and even adults) do not get enough sleep their mental health can suffer. The amount of sleep recommended for an individual depends on their age.

Age Range

6-12 years.....	9-12 hours per 24 hours
13-18 years.....	8-10 hours per 24 hours
18+ years.....	7 or more hours per 24 hours

What Works to Increase Sleep

Starting Later or Ending Earlier:

Structuring youth activities to start later in the morning or end earlier at night to prioritize the time youth spend sleeping

Replacing Even Short Activities with Sleep:

Every bit of sleep we can get back in youth's lives is helpful. Try replacing 15 mins of screen time (e.g., phone, TV, video games) with sleep

Prioritizing Sleep on Weekdays:

Building a consistent schedule that doesn't rely on "catching up" on sleep over the weekend (which doesn't work)

Increasing Youth and Family "Sleep Hygiene":

Small things like not using electronic devices w/in 30 mins of trying to sleep, not drinking caffeinated drinks in the afternoon or evening, setting regular times for bed, and keeping a consistent wind down routine can help youth fall asleep more easily.

Parents can help kids and teens by discussing the importance of sleep, and modeling the above behaviors.

Community Education & Awareness Building:

Spreading the word about the links between the amount of sleep youth get, youth mental health, and overall youth well-being