

RISE AND SHINE FOR BACK-TO-SCHOOL TIME!



Help your **teenager** transition smoothly into a school routine and make the most of this school year, all with **better sleep**.

WHY TEENS NEED QUALITY SLEEP



- Sleep serves as a daily reset that helps support brain and physical development
- Quality sleep each night helps teenagers:
 - be more focused and alert
 - regulate hyperactivity and impulse
 - balance mood and emotions
 - strengthen the immune system

WHAT DOES QUALITY SLEEP LOOK LIKE?



- Wake up refreshed and feel well-rested
- Feel clear-headed and capable of paying attention
- Feel in a good mood
- Have enough energy to get you through the day

PRACTICE CONSISTENCY



- Encourage physical activity
- Reduce distractions, such as electronics, at least 30 minutes before bed
- Create a wind-down routine that includes calming activities, like reading or journaling
- Encourage using a sleep tracker to record when they go to bed and wake up each day, including weekends.

HOW MUCH SLEEP DOES MY TEEN NEED?



Elementary ages (6-12 years): 9-12 hours nightly
Teenagers (13-17 years): 8-10 hours nightly

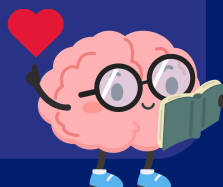


76% of Utah teens get less than **8** hours of sleep each night. Over time, poor sleep can lead to mental and physical health complications

GUIDE YOUR TEENS TO BETTER SLEEP

Balancing schoolwork, sports, extracurriculars, and jobs can make it difficult for teens to get enough sleep each night. If your child seems chronically tired, talk out ways to balance their schedule to prioritize sleep.

If your child is still struggling with getting enough restful sleep, talk with your doctor.



Scan here for sleep health resources!