



Sleepy Teen?

If your student is not getting at least 8 hours of sleep per night, he/she is at risk for a number of problems.

- *Poor Academic Performance
- *Mental/Emotional Disruptions
- *Learning and Behavioral Issues
- *Increased Risk for Substance Abuse & Obesity

Teens need 8 or more hours of sleep per night.

Please help your child be successful at school, and in life, by encouraging healthy sleep habits now.

