

Bedtime!

HOW MUCH SLEEP SHOULD YOUR CHILD BE GETTING?

NEWBORN

1-12 MONTHS

3-6 YEARS

7-12 YEARS

12-18 YEARS

15 TO 18
HOURS

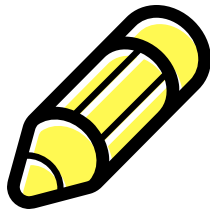
12 TO 14
HOURS

10 TO 12
HOURS

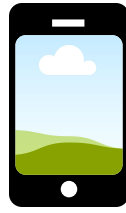
10 TO 11
HOURS

8 TO 9
HOURS

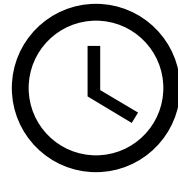
WHAT'S
BEHIND
LACK OF
SLEEP?



HOMEWORK



TV/PHONE/
COMPUTER



UNENFORCED
BEDTIMES



BUSY
SCHEDULES



SLEEP
DISORDERS

Keep
electronics
OUT
of bedrooms

90%
OF TEENAGERS

Report sleeping less
than the recommended
hours

LACK OF SLEEP CAN LEAD TO

cranky kids weakened immune system
weight gain slow response time
inability to concentrate lack of growth

"A loss of one hour of sleep is equivalent to [the loss of] two years of cognitive maturation and development" -Dr. Avi Sadeh



EDGE
ENGAGE. DISCOVER. GROW. EMBARK