



HAPPY, HEALTHY, AND SMART. MAKE SLEEP A PRIORITY!

- ➔ Create a consistent sleep schedule and bedtime routine for you and your family to feel well rested the next day.
- ➔ Sleep is critical for success inside and outside the classroom. Children who sleep well get good grades and have fewer behavior problems.
- ➔ School-aged children (5–12 years) need 10–11 hours of sleep each night. Teenagers need about 8.5–9.25 hours of sleep per night.
- ➔ Sleep affects mood, concentration and behavior. Make sleep a priority.

Performance TRIAD

*Make Sleep
a Priority*

Zz



U.S. ARMY

LEARN MORE ABOUT THE PERFORMANCE TRIAD: **SLEEP**, **ACTIVITY**, AND **NUTRITION**
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