



Children ages 6-12 should sleep 10-11 hours per night*

The amount and quality of sleep affects a child's mood, behavior, and learning.

- Better quality and longer sleep is associated with better school performance.

Recent studies link not getting enough sleep to a higher risk of obesity.

- When we get the right amount of sleep, the brain helps us to control hunger and achieve a healthy weight.

Children need sleep for optimal brain functioning.

- Sleep allows the brain to recharge and process information learned during the day. Sleep is especially important for children's memory, ability to pay attention, and learning.



STAR kids need sleep!

* Recommendation of the National Sleep Foundation