



8 Reasons to Prioritize Sleep for Your Family

We've all heard that getting sufficient sleep is important for **optimal health & happiness**. Here are 8 ways sleep impacts children, teens and adults differently.



Your Children

more sleep = healthier kids

Children who slept, on average, one hour longer per night in a study had lower fasting glucose, lower insulin resistance, and a lower body mass index than children who slept an hour less.

more Zs for more As

Students with grades of B's or better slept 17 - 33 minutes more on school nights than students with C's and below.

Another great job Billy!
What's your secret?



Your Teens

1/3 more likely to crash

Teen drivers who get less than 8 hours of sleep nightly are a third more likely to crash than teens who get 8 or more hours of sleep per night.



Most studies show teens require over 9 hours of sleep.



7 out of 10 college students

attain insufficient sleep making daytime sleepiness, sleep deprivation, and irregular sleep schedules prevalent in this group.

Adults

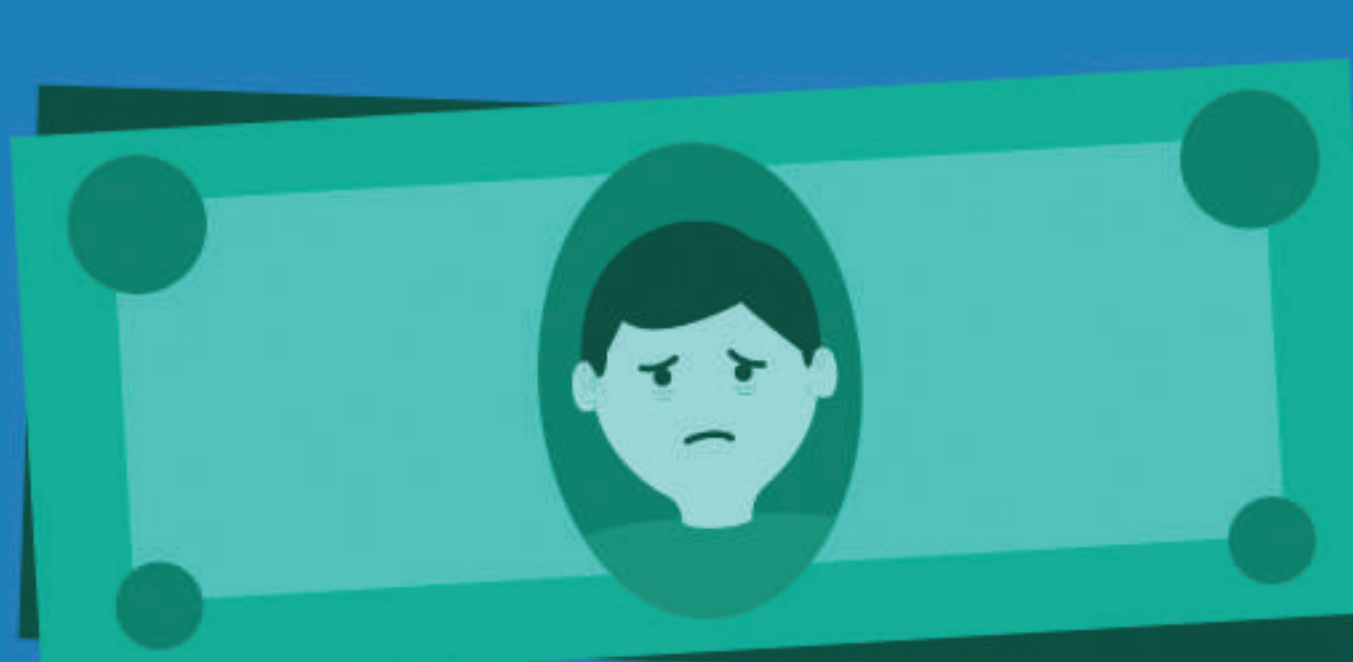


1 out of 3 adults can't fall asleep

As many as 30% to 35% of adults complain of insomnia, which can negatively impact work performance, relationships, and decision-making.

sleepy drivers aren't safe

Adults who sleep less than 5 hours increase their risk of being involved in a car crash four to five times.



\$15.9 billion U.S. health care bill

It is estimated that sleep disorders, sleep deprivation, and sleepiness add \$15.9 billion to the national health care bill annually.



In conclusion, prioritize sleep to stay healthy & happy!