



SLEEP & SCHOOL BALANCE

Between school, homework, activities, friends, family, and screen time, it can feel like there aren't enough hours in the day. But getting enough sleep is one of the most important things you can do for your health, well-being, mood, and success in school.

Sleep helps your brain and body recharge. It can improve your focus, memory, learning, energy, and ability to manage stress and emotions. When you're not getting enough sleep, it can be harder to pay attention in class, stay motivated, manage feelings, and keep up with daily responsibilities.

Creating healthy routines – like limiting screen time before bed and making time for rest – can help you feel your best both in and out of school.

DID YOU KNOW?

How much sleep you need depends on your age!

Age Group	Recommended Hours of Sleep
6-12 years old	9 to 12 hours a night
13-18 years old	8 to 10 hours a night

SOURCE: CDC

- Using phones, tablets, computers, or TVs before bed can make it harder to fall asleep because the light from screens can interfere with your body's natural sleep cycle.
- Sleep helps your brain organize and store what you learn throughout the day, making it an important part of your success in school.



RESOURCES



NATIONWIDE CHILDREN'S

Explore these practical tips from **Nationwide Children's Hospital** to learn how healthy sleep habits can help you feel and function at your best.



Check out **Teen Sleep Hub** for tips on managing screen time, creating better bedtime habits, and making sleep a little easier.



JOHNS HOPKINS
HEALTH PLANS

Take the **Johns Hopkins Sleep Quiz** to test your knowledge and discover simple tips for building healthier sleep habits.

ACTIVITY:

Think about what you usually do during the hour before bed. Check the activities you do most often:

☐ Use my phone/tablet

☐ Talk with family

☐ Watch TV

☐ Listen to music

☐ Play video games

☐ Get ready for the next day

☐ Read

☐ Other: _____

☐ Take a shower/bath

☐ Other: _____

Reflection:

Which bedtime habits help you feel relaxed and ready for sleep?
Are there any habits you'd like to change?

Follow for more resources!
@freeyourfeelsga



"Free Your Feels" is a mental health awareness campaign encouraging Georgia's young people to explore their real **feelings** and **free** them fearlessly.

**ACCESS MORE
RESOURCES AT
[FREEYOURFEELS.ORG](https://freeyourfeels.org)**