



High School

Balancing your Body Budget with Sleep

The Facts	The Questions
<ul style="list-style-type: none">• Young adults between the ages of 14-17 years old should get between 8-10 hours of sleep per night!• According to a 2015 study from the Centers for Disease Control, over 70% of students your age do not get enough sleep!• People who don't get enough sleep are at risk of obesity, diabetes, injuries, mental health conditions, and problems with attention and behavior.	<ol style="list-style-type: none">1. Think honestly about your sleep schedule for the past week. How many hours of sleep did you get on average each night?2. Generally, how do you feel when you wake up in the morning?3. Do you follow a routine each night before going to bed?4. How long before going to bed do you stop using electronic devices or look at a screen?5. Do you drink caffeinated beverages or eat large amounts of food before bed?6. What can you do to get more sleep each night?
Directions: Which of the facts can you relate to and why?	Directions: Answer the questions above.