

What Happens


When I Get Good Sleep?

Why do I need good sleep?


Sleep is an essential part of life. Researchers who study sleep have found many benefits to getting enough hours of sleep, as well as high quality sleep. Teenagers need 8-10 hours of sleep each night.

What are the benefits of good sleep?

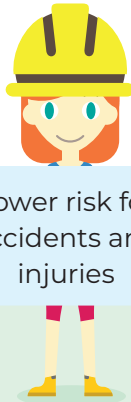
Below are some benefits of getting good sleep. As you review each one, think about which benefits you notice when you get enough good sleep.



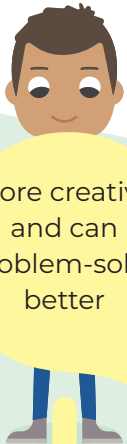
Improved memory function and ability to focus and learn better




Perform better in physical activities like sports and dance. This is because of faster reaction times and coordination.



Lower risk for accidents and injuries



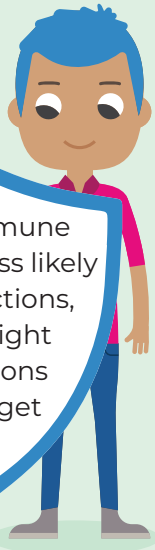
More creative and can problem-solve better




Lower levels of stress




Improved heart health and maintain a healthy weight.



Better immune system so less likely to get infections, and can fight off infections better if get sick.



Look and feel better



More alert and energized

like