

# GOT TIRED TEENS?

## Most U.S. middle and high schools start the school day too early



**5** out of **6** U.S. middle and high schools start the school day before **8:30 AM**

*The American Academy of Pediatrics has recommended that middle and high schools should aim to start no earlier than 8:30 AM to enable students to get adequate sleep.*



Teens need at least **8** hours of sleep per night.



Younger students need at least **9** hours.



**2** out of **3** U.S. high school students sleep less than **8 hours** on school nights

Adolescents who do not get enough sleep are more likely to



be overweight



not get enough physical activity



suffer from depressive symptoms



engage in unhealthy risk behaviors such as drinking alcohol, smoking tobacco, and using illicit drugs



perform poorly in school

For more information: [www.cdc.gov](http://www.cdc.gov)

## Hudson parents, join the conversation!



Learn more about the benefits to teen mental and physical health by joining the Facebook group “Hudson School Start Times - Let’s Talk”



Share your thoughts with the Hudson School Board via this 3 question survey: <https://goo.gl/forms/8AgToxzYkb2h5UL63>