

Teenagers and Sleep

9 and 1/2

Teens need at least 9 and 1/2 hours of sleep a night.

7 hours

Most teens only get 7 hours or less of sleep.

Less Sleep Means

Moody Teen



Are at risk to
drink alcohol.

If teens don't get enough sleep they will be more prone to falling asleep at the wheel.

Teens are more likely to drive faster if they don't get enough sleep.

