

MATCHING GAME

Getting a good night's sleep every night is vital to heart health.

Too little sleep (less than 5 hours per night) in children and adolescents is associated with higher blood pressure and obesity.

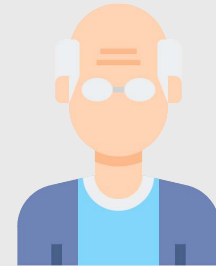
HOW MUCH SLEEP DOES A CHILD OR ADULT NEED PER NIGHT?

Draw a line to connect the correct sleep range with age group.

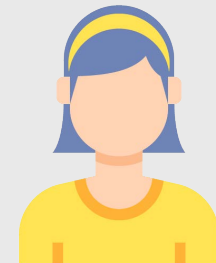
8 - 10 hours



12 - 16 hours



10 - 12 hours



7 - 8 hours



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Answer Key

8 - 10 hours

12 - 16 hours

10 - 12 hours

7 - 8 hours

