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.
MATCHING GAME

Answer Key

- 8 - 10 hours
- 12 - 16 hours
- 10 - 12 hours
- 7 - 8 hours