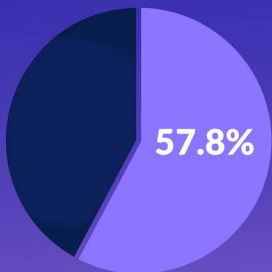
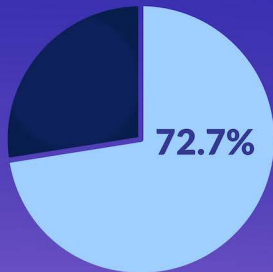


# Teens need between 8 and 10 hours of sleep a night



6 out of 10 (or 57.8%)  
of middle schoolers don't  
get enough sleep



7 out of 10 (or 72.7%)  
of high schoolers don't  
get enough sleep