

# Benefits of Sleep

A Guide for Children and Teens



## Physical Health Benefits

Increased immune system function



[1]

Increased energy



[8]

Helps to maintain a healthy body weight



[8]

## Cognitive Benefits

Improved memory

[1]

Increased motivation

[7]

Improved problem solving abilities

[1]

Less impulsive

[2]

Improved creativity

[3]

More capable of making positive decisions

[3]

Increased attention

[6]



## Mental Health Benefits

Improved ability to cope with stress



[4]

Less irritable



[5]

More positive mood



[4]