

# #AreYouKiddingMe?

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“A child will spend 40 percent of his or her childhood asleep.”

-National Sleep Foundation

The Children's Movement  
of Florida



A good night's sleep is crucial to your child's success. **Studies show that kids who sleep well have improved behavior, memory, learning, as well as grades in math and languages.** The American Academy of Pediatrics recommends that children 3-5 years old get between 10-13 hours of sleep daily.

Getting an adequate amount of sleep is an important part of physical health. **Sleeping gives your brain time to recover, which is necessary in the early years when kids learn lots of new information.**



This back-to-school season, make sure your kids are getting the amount of sleep they need to have an outstanding school year. To see recommendations from the American Academy of Pediatrics, [click here](#).

The  
**Children's  
Movement**  
of Florida



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