

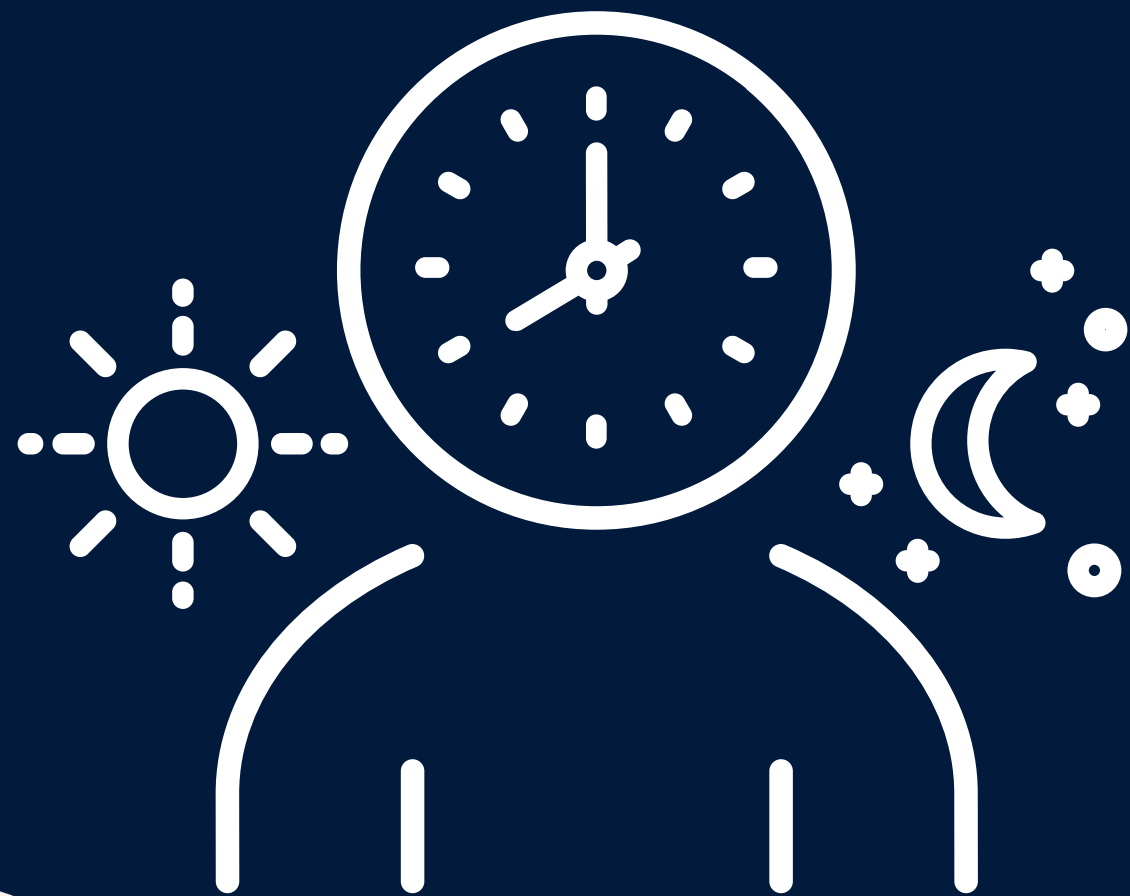


Looking After The Mental Health Of Students

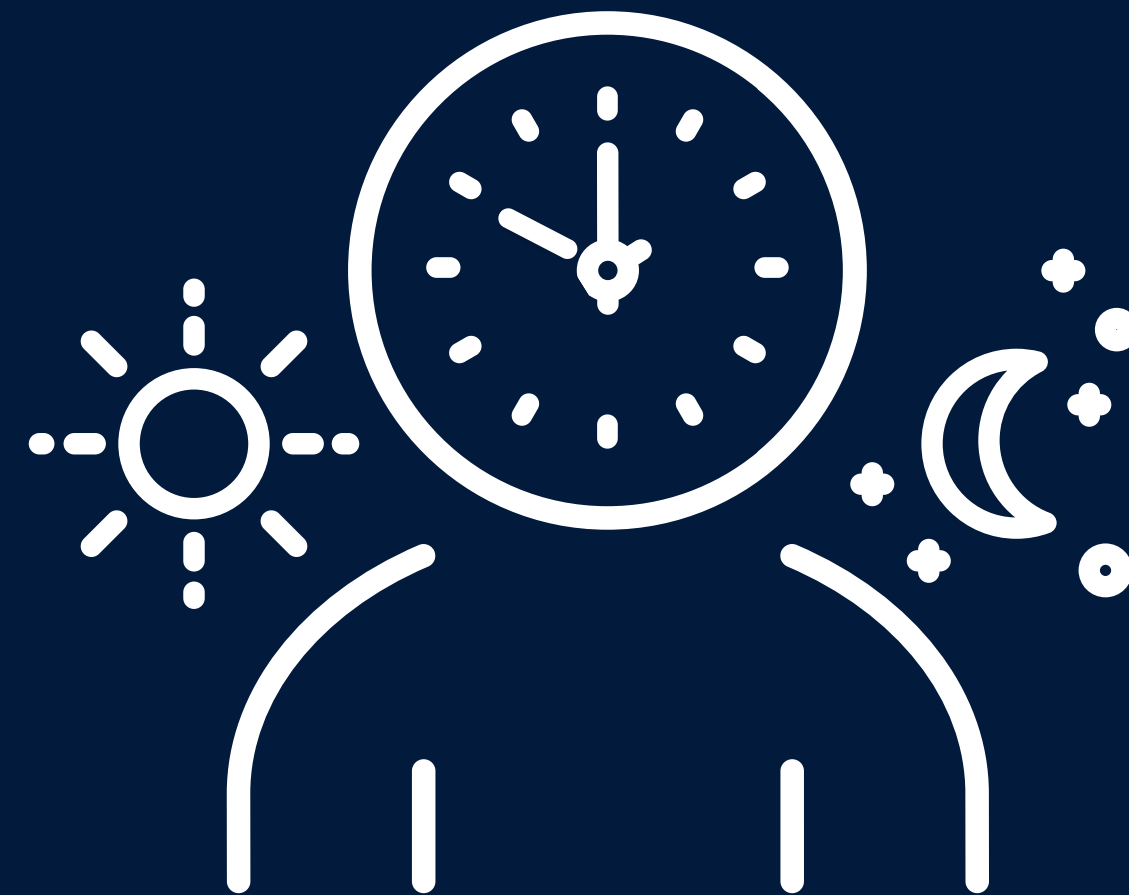
Circadian Rhythm Shifts



Before Puberty
8–9 pm



During Puberty
10–11 pm



-Source: UCLA Health



Risk Factors Teens Face

01	02	03	04	05
Obesity	Substance Use	Depression	Poor Academic Performance	Increased Injuries

-Source: CDC





Benefits Of Good Sleep

01	02	03	04	05
Improves School Attendance	Academic Performance	Graduation Rates	Decreases Vehicle Accidents	Increased Mental Health

-Source: Sleep Foundation

States That Are Not Asleep

STATES WITH CURRENT OR PENDING MANDATES

California

Alaska

New York

New Jersey

Tennessee

CONSIDERING

Utah

Pennsylvania

Indiana

Massachussets

Virgin Islands

ENCOURAGE ON LOCAL LEVELS

Maryland



Looking After The Mental Health Of Students

BDR 1

Youth Legislator Bentham