



National Student Sleep Health Week:

Become a Sponsor!

Healthy sleep is essential to our students' overall health and success in the classroom, leading to a safer, more productive life. Healthy People 2020, an HHS initiative, states one of their goals is to increase the proportion of high school students that get sufficient sleep. Adequate sleep is also critical to a healthy immune system, which is especially important in these challenging times.

Our members in your district are passionate about eliminating sleep disparities among our student population. A quarter of all children experience some type of sleep problem, which is especially true for vulnerable populations. Black high school students are more likely to get inadequate sleep than their white and Latino counterparts.

Some of the other national organizations supporting the National Student Sleep Health Week:

- National Parent Teacher Association (PTA)
- National Safety Council (NSC)
- American School Health Association (ASHA)
- American School Counselor Association (ASCA)
- Society for Health and Physical Educators (SHAPE America)
- National Association of School Nurses (NASN)

Established in 1975, the AASM is the premier professional society representing the sleep medicine specialty with a combined membership of 10,000 accredited member sleep facilities and individual members, including physicians, scientists, and other health care professionals.

Help us promote optimal health through better sleep by becoming a cosponsor of National Student Sleep Health Week. Contact AASM Advocacy Program Manager Eric Albrecht at ealbrecht@aasm.org or 630-737-9700.